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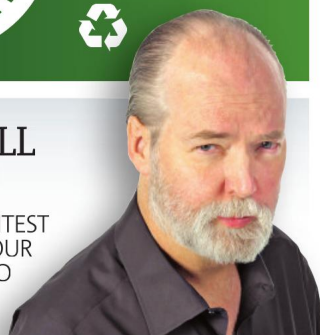
Commute turns fatal in Ottawa

At least six people killed and dozens injured when double-decker bus slams into VIA Rail train

PAGE 12

APPEAL TO ALL (SIX) SENSES

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Coca-Cola apologizes to family for 'you retard' on bottle cap

Action. Soft-drink giant vows to take steps to correct situation

CANDICE
WARD

edmonton@metronews.ca

Coca-Cola apologized Wednesday to the family of an Alberta woman who was shocked to unscrew a bottle of the company's Vitaminwater and find the words 'you retard' printed inside the cap.

Edmonton-based photographer Blake Loates said she and her husband discovered the cap while out for dinner on Tuesday night. "We were both pretty shocked," she said.

What makes the situation even more upsetting to Loates is that her younger sister Fiona is living with cerebral palsy and autism and was taught that the "R-word" is completely unacceptable.

"The R-word is just something we don't say in my family," said Loates. "My dad

is quite upset and is on a rampage."

Her father, Doug Loates, who lives in Tacoma, Wash. with twin, 11-year-old daughters Fiona and Maddi, stayed up all night writing letters to Coca-Cola, looking for an explanation for the offensive cap.

"I am astonished that a major corporation could allow someone to tarnish their brand," he said. "Not everyone in Canada speaks French — like my daughter, Blake."

The caps are part of promotion run by the company, displaying a random English word, followed by a random French word. "Retard" in French means late or delayed.

Since the issue was brought forward to Coca-Cola, the company has been in touch with the Loates family to offer a sincere apology.

"We did not mean to offend at all," said Shannon Denny, director of brand communications for Coca-Cola Refreshment Canada. "We are certainly very apologetic for this oversight."

While Denny said the words

were reviewed before going out to store shelves, they were reviewed in their French context, not in both French and English.

"When you look at the same word in English, it takes an offensive connotation," Denny said.

The process of matching the English and French words is supposed to be completely random, according to Denny, and the chances of those two words being paired together was slim.

David Thomson, vice-president of still beverages for Coca-Cola, said the remaining caps in their facilities have now been destroyed.

"We have learned from this and it was a mistake," he said. "At no point in time did we intend on offending anyone by any stretch and we have cancelled and moved on and have dealt with this as soon as possible."

Thomson said he will be drafting a formal apology letter to the Loates family that will also detail the course of action they will take to correct the situation.



Edmonton photographer Blake Loates was shocked to find the words 'you retard' stamped into the underside of a Vitaminwater bottle cap earlier this week. LUCY HAINES/FOR METRO

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EPSB. Class sizes among highest in Alta. before budget cuts

Even before Edmonton's public school district approved a 2013-14 budget that axed 182 teaching positions, the average class size in the organization's high schools was the third highest in the province, according to provincial data.

Government data shows Parkland School Division, which serves students living in communities near Edmonton such as Spruce Grove, Stony Plain and Seba Beach, had the highest average high-school class size in the province in the 2012-13 school year with 26.9 students.

That's followed by the Calgary Public School Board with an average of 26.8 students in high-school classes and then Edmonton Public Schools with 26.1 students.

The Edmonton Catholic School District had an average of 25.3 students in high-school classes, while the Calgary Catholic School District had just 18.

The provincial average for Grades 10-12 classes in Alberta in 2012-13 was 21.8 students.

At Edmonton's public and Catholic schools, class sizes range from school to school and are determined by principals, while keeping in mind guidelines from Alberta's Commission on Learning.

The provincial data breaks down average class size by school districts for all subjects for kindergarten-Grade 3, Grades 4-6, Grades 7-9 and Grades 10-12.

The average class size in 2012-13 in Alberta was 19.4 students in kindergarten-Grade 3, 21.9 students in Grades 4-6 and 22.8 students in Grades 7-9. **ANNALISE KLINGBEIL/METRO**



Coun. Kim Krushell and other retiring councillors received flowers from Mayor Stephen Mandel during the final council meeting of this term.

RYAN TUMILTY/METRO

Emotional farewell

Final council meeting.
The mayor and three councillors are leaving council this year



RYAN TUMILTY
ryan.tumilty@metronews.ca

The tears were flowing Wednesday as city councillors wrapped up their final meeting before this fall's election.

With the mayor and three councillors departing — along with the three running for mayor — it will be a dramatically different council that returns in late October, regard-

less of the election.

Despite their political differences, councillors had kind words for each other and said they would deeply miss those not coming back.

"We haven't always seen eye to eye, but when we walk out of here we walk out as friends," said departing councillor Jane Batty.

With Mayor Stephen Mandel stepping down, many of the councillors spent their final speeches praising him for his long leadership of the city.

"You will be known as a city builder and you will be known as someone who had unfailing love and passion for Edmonton," said Coun. Amar-

jeet Sohi.

"The mayor has over and over again inspired us to serve the greater good of the whole city," said Coun. Don Iveson. "You have inspired every last one of us."

Coun. Bryan Anderson said Mandel's greatest strength has always been that he doesn't care about who is given recognition for what he does.

"He doesn't need credit. He gives credit away," he said. "He is concerned that the objective is accomplished."

Mandel thanked those who offered him praise, but said people need to remember the mayor is only one member of council.

"I think people forget that

Big departures

- **Mayor.** Mandel is stepping down after four terms on city council, including the last three as mayor.
- **Councillors.** Coun. Kim Krushell and Coun. Linda Sloan are both retiring after three terms. Coun. Jane Batty is retiring after her fourth term on council.

there are 12 people up here, I am the 13th and nothing gets done without the other 12," he said.

1 NEWS

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Help the homeless, help the economy



John Rook of the Calgary Homeless Foundation. JEREMY NOLAIS/METRO

Data from the Calgary Homeless Foundation showing housing the homeless saves taxpayers money reinforces the notion that housing the homeless makes economic sense, says the executive director of the Edmonton Homeless Commission.

On Tuesday, the Calgary Homeless Foundation released new data, believed to be the first of its kind, which shows more than \$34,000 is saved in public services each time a Calgarian is moved out of an emergency shelter and into affordable housing.

"It certainly just reinforces what we've seen in other communities, that, again, ending chronic homelessness by housing and supporting people makes good economic sense," said Jay Freeman, executive director of the Edmonton Homeless Commission.

The data from Calgary states the total cost for a person in a shelter annually was \$55,000 compared to around \$21,000 for those moved into housing.

"It means housing (clients) first delivers a return on investment ... it's a positive move," said the foundation's president

John Rook.

"Policy makers have come to recognize that ending chronic homelessness isn't just the right thing to do from a humanistic point of view but it's also the right thing to do from a financial point of view," Freeman said.

ANNALISE KLINGBEIL/METRO

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Depressed mom who drowned her kids has killed herself: Lawyer

Trial. In 2010, the woman admitted to drowning her sons, Connor, 2, and 10-month-old Jayden, in a bathtub located in the family home

A woman who drowned her two children in a bathtub in rural Alberta three years ago was still fragile and depressed when she killed herself earlier this week in Australia, says her lawyer.

Peter Royal said Allyson McConnell's mother phoned him early Wednesday to tell him about the suicide and factors that possibly contributed to her desperate state.

She had attended the christening of a friend's new baby a few days before the body of a 35-year-old woman believed to be McConnell

was found at the bottom of a bridge in West Gosford, north of Sydney.

Royal said McConnell became emotional and despondent after the baby's church service.

"I guess it brought back thoughts of her own children's christenings."

He added that he's positive the dead woman is McConnell because her identification was found with the body.

McConnell was also recently upset about the Alberta Crown's upcoming appeal of her manslaughter conviction and sentence, said Royal. The case was to be in court again on Oct. 30.

McConnell had admitted at trial that she drowned her two-year-old son, Connor, and his 10-month old brother, Jayden, in a bathtub in the family's home in Millet, south of Edmonton, in February 2010.

THE CANADIAN PRESS



Allyson McConnell, seen here in an undated family photo, was found dead in Australia Wednesday. Her lawyer says she committed suicide.

THE CANADIAN PRESS FILE

University of Alberta

Pisani joins Golden Bears

A familiar face will be working with the University of Alberta Golden Bears hockey team this year. Former Edmonton Oilers forward Fernando Pisani was announced as a member of the coaching staff Wednesday. **METRO**

Safety concerns

Inspections troubling

More than half of the vehicles officers inspected Tuesday were taken off the road for safety concerns. Police are doing a three-day blitz and of the 75 vehicles they inspected Tuesday 41 were taken out of service. **METRO**

Man charged

Police locate stolen car in 25 minutes

In 25 minutes, Edmonton police were able to track down a stolen vehicle early Wednesday morning.

A citizen called police at 5:30 a.m. after, "she awoke to the sound of

her vehicle being stolen," according to a media release.

Police located the vehicle at 5:55 a.m. and tracked it. When the suspect stopped to fill up for gas, they approached the vehicle and arrested the suspect without incident.

Terrance Beyer, 32, faces several charges in relation to the incident. **METRO**



Alberta's chief medical officer of health, James Talbot, speaks to media about an E. coli outbreak on Wednesday morning. ANNALISE KLINGBEIL/METRO

Medical officer warns of E. coli outbreak in Alberta

Gort's Gouda. Alert issued after seven people ill — youngest is three, oldest is 78



ANNALISE KLINGBEIL
annalise.klingbeil@metronews.ca

Seven Albertans ranging in age from three to 78-years-old have fallen ill with E. coli infection after consuming unpasteurized cheese, according to the province's chief medical officer of health.

The Canadian Food Inspection Agency (CFIA) has issued a health hazard alert for certain raw-milk cheeses from Gort's Gouda Cheese Farm in Salmon Arm, B.C.

The products are linked

to two cases of E. coli in Edmonton and five in Calgary. There are an additional two possible cases that are pending further tests.

"The most important thing is none of these people have been hospitalized and they're all recovering," said James Talbot, chief medical officer of health.

The cheese has also been linked to one deadly E. coli case earlier this summer in B.C.

"E. coli is an organism that can be fatal and we know that," Talbot said. "It's one of the reasons why we're always vigilant whether it's in an unpasteurized cheese product or whether it's in a hamburger."

Talbot said it's taken some time to establish the source of the illness.

"It's like a detective in-

What is E. coli?

- E. coli infection is a type of food-borne illness caused by bacteria.
- E. coli can cause nausea, vomiting and diarrhea.
- In severe cases, E. coli can lead to hospitalization or death.

vestigation," he said.

The CFIA recall for certain Gort's cheeses was issued Tuesday and affects products sold at the manufacturer's outlet, at retail stores in Alberta and B.C., and through Internet sales from May 27 to Sept. 14.

Talbot urged anyone who has the cheese in their fridge to discard it.

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Dean of Arts Lesley Cormack said the Arts faculty will now evaluate low-enrolment programs every three years. Previously, there was no set schedule for this. METRO FILE

Four low-enrolment University of Alberta arts programs saved

20 risked suspension. Remaining 16 programs will now proceed through the process towards suspension of admission



ANNALISE KLINGBEIL
annalise.klingbeil@metronews.ca

Four of 20 low-enrolment programs in the University of Alberta's Faculty of Arts, including one program which had significantly more students than staff thought, no longer risk being suspended, according to dean Lesley Cormack.

In August, Cormack began the process of suspending

admission to 20 programs, all of which she said had 10 or fewer students enrolled as majors over the past seven years.

Staff were told in an inter-departmental memo that they had until Sept. 3 to write to the dean in defence of their programs.

Cormack said after receiving a lot of feedback she ultimately decided to remove four programs from the chopping block.

The saved programs and the rationale Cormack gave Metro for why they were saved are as follows:

• **BEA in Technical Theatre**

"It turned out that the way we were counting the students gave a false sense of how few students there were in the program. In fact there

Minors unaffected

The 16 potential program suspensions will not impact minors in the affected programs, only majors, and students currently enrolled in majors in the affected programs will be able to finish their degrees.

were many students in the technical theatre program so it is no longer under threat of suspension."

Cormack said there are actually 31 students in the technical theatre major.

• **Major in Latin American Studies**

"(It) has just spent the last year re-doing its curriculum and simplifying how it works

and that was just passed through governance in March of this year so it seemed appropriate to give them a chance to see whether that was a successful strategy."

• **Major in Scandinavian Language and Literature**

"Scandinavian studies, we had just hired a new professor in that area explicitly tasked with the goal of increasing the enrollment in that major. It seemed appropriate to give her some time to do that."

• **Composition & Theory Concentration in the Bachelor of Music Degree**

"They have been looking at the possibility of a different and direct route into the specialization.... They will be looking at different entry points into the degree."

Council. Wanted: Changes to provincial grants



Mayor Stephen Mandel METRO FILE

Mayor Stephen Mandel wants the province to take another look at how they help municipalities build big capital projects.

During the final council meeting Wednesday, councillors endorsed a letter Mandel will send to Premier Alison Redford asking her to review the municipal sustainability initiative (MSI).

Mandel said the program, which gives municipalities money for capital projects, doesn't take into account Edmonton's unique issues, like older infrastructure and bigger projects.

"There are different kind of

problems that we need to invest in that the smaller centres or different centres don't have to worry about," he said. "We have an older city; we have to put it into repairing older buildings, older roads, so that is a substantial costs."

In the letter, Mandel writes that Edmonton needs more help bearing the cost of its neighbours.

"Our municipality of 820,000 people is bearing a disproportionate amount of expenditures that benefit a surrounding population of more than one million, without proportional revenue support."

RYAN TUMILTY/METRO

3 fled (or tried to)

69 charges laid following high-speed chase

Edmonton Police have laid 69 charges against three people following a high-speed chase Monday night.

The pursuit began around 11:45 p.m. when downtown officers identified a stolen Toyota Supra around Jasper Avenue and 100 Street. The vehicle sped away when officers attempted to stop it, but Air One was already overhead and followed the vehicle from above.

When the car stopped briefly at 127 Street and 135 Avenue a woman exited the vehicle, but she was arrested by the canine unit. The vehicle stopped again at a gas station at 127 Street and 130 Avenue and two men attempted to flee on foot, but the canine unit again caught up with them.

Police found several rifles, ammunition and small quantities of marijuana, OxyContin, morphine and ecstasy.

Clifford Lee Stanley, 31, Duane Edward Laver, 34, and Chantelle Darlene Weum, 19, are facing a total of 69 charges. METRO



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City to seek more area grocery stores

Restrictive covenants. Competition Bureau should remove restrictions: Council

City council is hoping to change legal restrictions that have kept grocery stores out of many city neighbourhoods.

Councillors endorsed send-

ing a letter to the federal Competition Bureau as the agency gets set to review the takeover of Safeway by Sobeys.

The city has fought for years to remove covenants Safeway left behind on its former properties that prevent new grocery stores from opening up there.

Coun. Don Iveson said the covenants have been a thorn in the city's side for too long.

"They have really, really im-

peded development on some of these sites," he said.

He said neighbourhood grocery stores are really important. "There is nothing people want more in their neighbourhood than the ability to walk to buy groceries," said Iveson.

The Edmonton Federation of Community Leagues have long hoped to see the covenants removed as well.

"It has been a really poor

practice and it has undermined the ability of a lot of neighbourhoods' redevelopment," said Allan Bolstad, the federation's executive director.

With Sobeys purchasing the Safeway stores, Bolstad said they fear the company may consolidate or close some locations. "We want to make sure they don't just scorch the earth behind them."

RYAN TUMILTY/METRO



Covenants at former grocery stores prevent new owners from building grocery stores, bakeries or butchers to replace them. RYAN TUMILTY/METRO

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Complaints. Alberta regulator setting scope for inquiry into oil smell

Landowners in Alberta's Peace River region will get a chance to tell the province's energy-industry regulator what they want to see in an inquiry into a tar-like smell they say is making them sick.

The Alberta Energy Regulator is to hold a meeting Oct. 7 in Peace River to set the scope for the inquiry into concerns expressed by people in the Three Creeks and Reno areas.

Several companies in the region have cold heavy oil production sites which heat oil in tanks to separate it from sand.

Residents claim the process creates a gas that escapes into the air and onto their properties, particularly during the night when cooler temperatures create an inversion.

"It smells like when you're right by a paving machine. That's what our house smells like," said Carmen Langer, whose family farm is next

door to one of the operations.

People complain of headaches, burning eyes and throats that are itchy and parched.

Langer's parents used to live on the farm but had to move because of the smell. Others have moved out of the region too.

Langer still lives on the farm but said he sleeps at friends' places, a camper, or even a motel when the smell gets unbearable.

A spokesman for the energy regulator, Bob Curran, said all of the companies have met regulatory standards. He said the inquiry is the next stage to finding a solution.

"Given that we're still getting complaints even though the companies are meeting requirements, this is the next logical step," Curran said Wednesday.

Curran said the inquiry could make recommendations to government based on its findings. **THE CANADIAN PRESS**

City Centre Airport

Closure plan takes flight

City councillors have asked the Edmonton Regional Airport Authority to close the last runway at the City Centre Airport.

With three dissenting votes, council approved a motion to ask for the closure.

Coun. Kim Krushell said it was time to put the airport issue in the past and start redeveloping the land into a brand new community.

"I think this has been an issue that has dragged down our city for far too long," said the councillor.

METRO

Standoff, Alta.

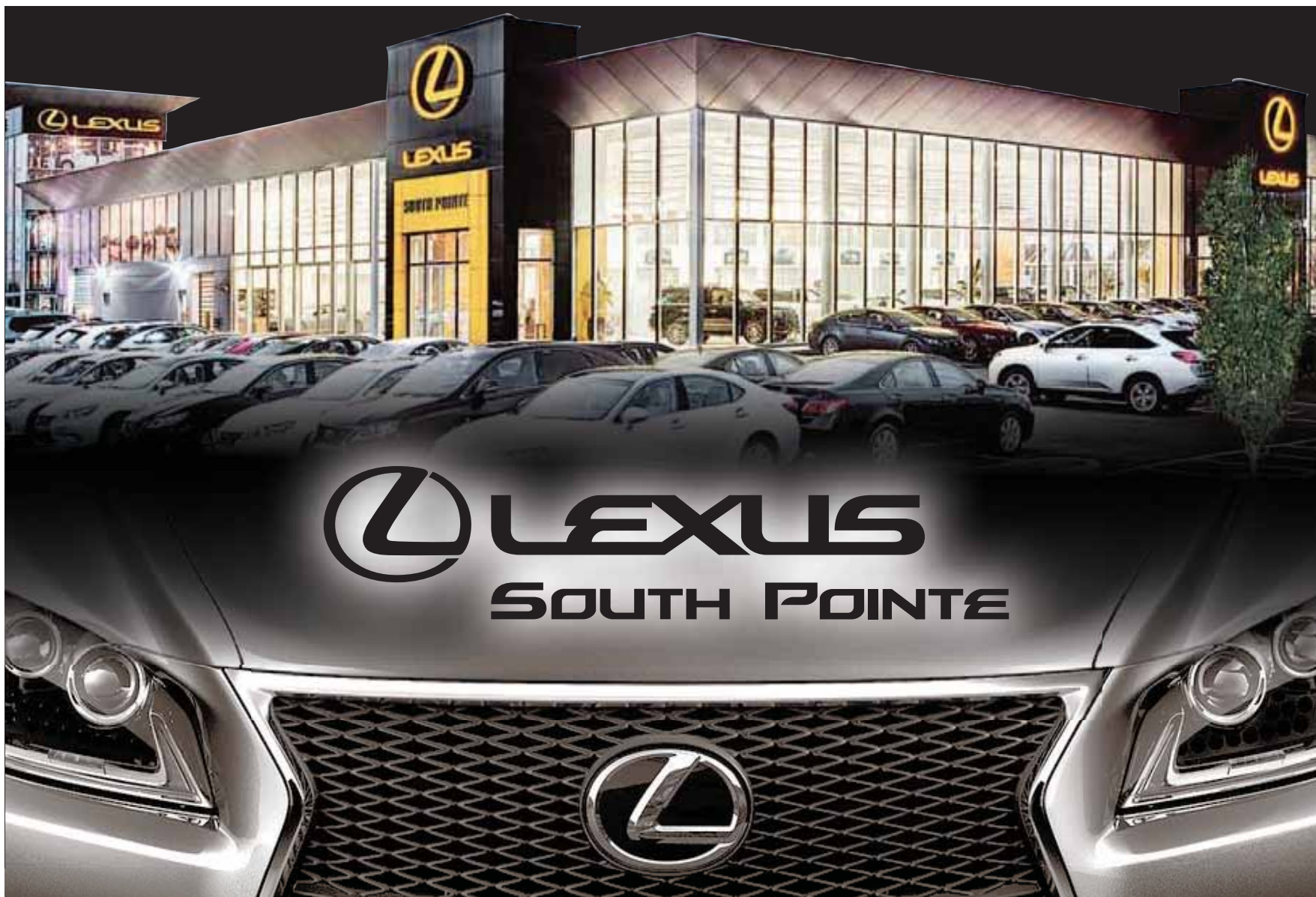
Man accused of driving school bus drunk has trial date set

A man from southern Alberta will go on trial in December on a charge of impaired driving of a school bus.

Larry Cross Child of the Blood reserve was charged with drunk driving and failing to provide a breath sample in early June.

There were 12 children on the bus at the time of the arrest. The children were driven to class safely in another school bus by another driver.

THE CANADIAN PRESS



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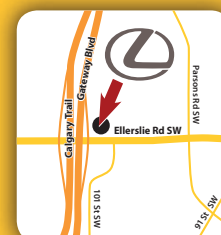


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A woman holds a photo as hundreds attend a community vigil to remember Rehtaeh Parsons in Halifax in April. Facebook apologized Tuesday for featuring an ad for a dating website that used a picture of Parsons, the 17-year-old Nova Scotia girl who died after attempting suicide. ANDREW VAUGHAN/THE CANADIAN PRESS

Facebook pulls Parsons dating ad

The use of photos of Rehtaeh Parsons in online dating ads posted on Facebook is upsetting but ultimately an inevitable reality of social media, an expert in Internet and privacy law said Wednesday.

Prof. Robert Currie of Dalhousie University in Halifax said companies are increasingly using automated programs that rip photos from websites, and it was only a matter of time before the now-ubiquitous image of the 17-year-old girl wound up somewhere it shouldn't have.

"This is how technology works and it's another example of how little control

anyone has over any image once it gets out into the Internet sphere," said Currie.

"It really seems to me to be an unfortunate accident that is causing a lot of grief and heartbreak to the Parsons family and others who loved this girl and who were disturbed by this case. But it's just the kind of thing that is going to happen."

The ads for ionechat.com featured pictures of Parsons under the heading, "Find Love in Canada! Meet Canadian girls and women for friendship, dating or relationships."

Parsons hanged herself in

April and was taken off life support days later. Her family says her death was brought on by months of bullying following an alleged sexual assault.

The administrator of ionechat.com, Anh Dung, said the photos used in the ads were a mistake and taken randomly from Google by a so-called image scraper.

Facebook apologized for the ads, saying they were a "gross violation" of the company's policies and have been removed. It also said ionechat.com has been banned from advertising on its website. **THE CANADIAN PRESS**

Pro-rape chant. UBC society to donate \$250K for counselling, education

A University of British Columbia undergraduate society involved in a frosh week chant glorifying the abuse of underage girls has pledged to contribute \$250,000 for sexual-abuse counselling and education for students.

The university released a report Wednesday about the incident, saying student leaders of the Commerce Undergraduate Society will be held accountable because they did nothing to stop the offensive chant heard by most first-year business students.

However, the report found no evidence that any of the student leaders involved planned

or directed students to use the chant, though four of them resigned over the scandal last week. The report called the chant an "oral tradition."

The song students sang on buses going back and forth to the university from a hotel in Richmond, B.C., spelled out the word "young" with the lyrics, "Y is for your sister ... U is for underage, N is for no consent."

Robert Helsley, dean at the Sauder School of Business, said he will ensure such events don't happen again so all students can feel safe and welcome.

The entire UBC community must embark on lasting change that will make such chants

unacceptable, said university president Stephen Toope.

"We all need to be involved — those who made serious mistakes and misjudgments, and those who didn't," he said in a statement.

Toope has appointed Louise Cowin, the vice-president of students, to lead a task force to come up with broader measures to address the problem.

Cowin said the task force, which will report back to Toope by early next year, will bring together academic experts in sexualized violence to consider what the university can do to make "transformative and robust change." **THE CANADIAN PRESS**

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A man carries a young child away from the wreck. ADRIAN WYLD/THE CANADIAN PRESS

Sixth victim

Bus driver a
'very nice guy'

As family and friends mourn the death of five passengers, a Gloucester family is grieving the sixth victim: bus driver Dave Woodard.

People who know the family said the driver's relatives were traumatized by the news.

Reached by phone, a neighbour expressed disbelief that Woodard was behind the wheel.

"He was a very nice guy," said the woman, who didn't want her name published.

"I was just speaking with him yesterday and it just blew me away when I heard he was the driver."

Woodard had 10 years of experience as an OC Transpo bus driver.

"He was a great neighbour," she said.

"Very personable, would talk to anybody. I'm sure he would give you the shirt off his back if he could."

JOE LOFARO/METRO IN OTTAWA

Investigation

Piecing the
facts together

Transit officials gathered evidence and began to piece together what led to the collision Wednesday.

Glen Pilon, lead investigator for the Transportation

Safety Board of Canada, said recording equipment could detail the speed the vehicles were travelling, whether they braked before impact and whether they were working properly to determine what caused the crash.

Passenger Gregory Mech was on the second level of the

bus and described the impact that killed driver Dave Woodard and five passengers.

"My personal assessment was that he did not brake. Others said he broke a second before impact," he said.

"We were all thrown forward," he said, "but as the train was going through the

crossing it was still moving forward.... We had a left-right shake."

Mech added that an 80- to 90-degree turn in the road before the rail crossing may have been a contributing factor.

"You don't see the crossing until you complete the curve."

GRAHAM LANKTREE/METRO IN OTTAWA



A VIA train and a city bus collided in Ottawa's west end on Wednesday. A police spokesman said officers responded to the call at 8:48 a.m. TERRY PEDWELL/THE CANADIAN PRESS

Passengers watch in horror as bus barrels into train

Ottawa. Impact kills driver, five passengers as witnesses look on in total disbelief

Unforeseen disaster

"We've lost six of our neighbours, people who started off this ... sunny day as we all did, heading from their homes and loved ones to go about their daily lives."

Ottawa Mayor Jim Watson, in a Wednesday afternoon press conference

Passengers aboard a double-decker bus screamed "Stop! Stop!" as the driver plowed through a flashing level crossing and into a passing VIA Rail train Wednesday morning, killing at least six people and injuring many more.

The horrific collision sheared off the front of the bus and knocked the VIA locomotive and one of four passenger cars off the tracks.

Police confirmed six dead, while several area hospitals were flooded by 31 patients, including 11 in critical condition.

"People started screaming, 'Stop, stop!' because they could see the train coming down the track," said student Tanner Trepanier, who was on the upper

level of the new, double-decker OC Transpo bus.

"There was a lot of screaming, but then people were actually relatively calm, considering the situation," Trepanier said of the aftermath.

"He must have lost his brakes," said Pascal Lolgis, who saw the bus go through the barrier. "Or he had an ... attack or whatever.... He just didn't stop."

"I was just looking around, just watching things happen," said another witness, Mark Cogan, who agreed the barrier was down.

"I just thought maybe there's a side way around or something, but instantly ... he

went through the guard rail and just hammered the train and then it was just mayhem."

The accident occurred just outside a suburban Via station in the west end. The train tracks in the area cross both a major city street and a transit line reserved for buses only.

At a press conference, Mayor Jim Watson summed up the shock of the crash and its effect on the community.

"The sorrow that we all feel is deep and I'm sure shared by all residents of Ottawa, and in fact all of Canada," he said.

JOE LOFARO, GRAHAM LANKTREE, SEAN MCKIBBON, STEVE COLLINS/METRO IN OTTAWA, WITH FILES FROM THE CANADIAN PRESS

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Corolla S shown.



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U.S. firearms debate. Starbucks says guns not welcome, but not banned

Starbucks has always tried to set itself apart by taking strong positions on progressive political issues. Now that reputation has landed the company in the middle of the heated national debate over gun laws.

On Thursday, the Seattle-based company will run full-page ads in major newspapers, telling customers that guns are no longer welcome in its cafes. But Starbucks is stopping short of an outright ban, meaning that gun-toting customers will continue to be served.

The move comes as the company finds itself at the centre of a fight it didn't start. In recent months, gun-control advocates have been pressuring Starbucks to ban firearms, while supporters of gun rights have celebrated the company's decision to defer to local laws. About a month ago, Starbucks shut down a store in Newtown, Conn., early to avoid a demonstration by gun-rights ad-

Let's talk numbers

- In 2012, the coffee company brought in over \$13 billion in total annual revenue, operating across 55 countries

vocates. They had planned to stage a "Starbucks Appreciation Day," bringing their firearms and turning the company into an unwitting supporter of gun rights.

But for some, support for firearms runs counter to the Starbucks image. Part of the brand's attraction is the company's support of environmental issues and health-care benefits for workers.

Yet with over 7,000 company-owned stores across the country — in red states and blue — Starbucks is being forced to tread carefully with its special blend of politics and commerce.

THE ASSOCIATED PRESS



Athens: Clashes erupt after fatal stabbing

Violent clashes broke out in several Greek cities Wednesday after a hip-hop artist described as an anti-fascist activist was stabbed to death by a man who said he belonged to the far-right Golden Dawn party. The death of Pavlos Fyssas, 34, drew condemnation from across Greece's political spectrum and abroad. While the extremist Golden Dawn has been blamed for numerous violent attacks in the past, the overnight stabbing is the most serious violence so far directly attributed to a member. KOSTAS TSIRONIS/THE ASSOCIATED PRESS

Richmond, Virginia

Facebook 'like' ruled free speech

Clicking "like" on Facebook is constitutionally protected free speech and can be considered the 21st-century equivalent of a campaign yard sign, a federal appeals court ruled Wednesday.

The 4th U.S. Circuit Court of Appeals in Richmond reversed a lower court ruling that said merely "liking" a Facebook page was insufficient speech to merit constitutional protection.

Exactly what a "like" means — if anything — played a part in a Virginia case involving six people who say Hampton Sheriff B.J. Roberts fired them for supporting an opponent in his 2009 re-election bid, which he won. The workers sued, saying their First Amendment rights were violated.

The ruling protects free speech regardless of venue, whether a sentiment is expressed in the physical world or online.

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Melinda Downs sheds tears as she speaks about her friendship with Aaron Alexis during an interview Tuesday in Fort Worth, Texas. LM OTERO/THE ASSOCIATED PRESS

Gunman visited hospital weeks before rampage

Navy Yard shooting. Aaron Alexis wasn't stripped of security clearance despite his mental illness

The Washington Navy Yard gunman visited two hospitals in the weeks before the rampage but did not say he was depressed or having thoughts of harming himself or others, the Veterans Affairs Department said Wednesday.

Aaron Alexis, a former Navy reservist who killed 12 people Monday before being slain in a police shootout, complained of insomnia during an Aug. 23 emergency room visit at the VA Medical Center in Providence, R.I. He was given sleep medication and was advised to follow up with a doctor.

He made a similar visit five days later to the VA hospital in Washington, when he again

complained of not being able to sleep because of his schedule. His medication was refilled.

Law enforcement officials have said the 34-year-old man was grappling with paranoia, hearing voices and convinced he was being followed.

Two weeks before his ER visit, he complained to police in Rhode Island that people were talking to him through the walls of his hotel room and sending microwave vibrations into his body to deprive him of sleep. Newport police alerted the naval station, and they did not hear from him again.

Meanwhile, Alexis's mother said Wednesday she does not know why her son opened fire at the Navy Yard.

"Aaron is now in a place where he can no longer do harm to anyone, and for that I am glad," Cathleen Alexis said. "To the families of the victims, I am so very sorry that this has happened. My heart is broken."

THE ASSOCIATED PRESS

Murder weapon

On Saturday, Alexis visited Sharpshooters Small Arms Range in Lorton, Va.

- He tried to buy a handgun, but federal law prevented him from doing so because he had an out-of-state ID, the store's attorney said.
- He then bought a shotgun

and 24 shells. The law allows stores to sell shotguns and rifles to out-of-state buyers.

- Two days later, as the work week dawned, Alexis entered the sprawling Washington Navy Yard. He was equipped with his pass for base access — and the shotgun.

Ousted leader Morsi speaks to family

Egypt's ousted president, Mohammed Morsi, told his wife and children he is in good health in his first conversation with his family since the military removed him from office and detained him in a secret location more than two months ago, one of his lawyers said Wednesday.

The phone calls were an apparent gesture by the military as authorities prepare to put Morsi on trial on charges of

Fair trials?

Members of the Brotherhood's legal team say they have been given little access to their clients or knowledge of the cases against them.

inciting the killing of protesters during his year in office — though no date for the trial has been set. Morsi's legal team has

so far not been able to talk to him, said the lawyer, Mostafa Attayah.

The trial of Egypt's first freely elected president is one link in a wide-scale crackdown on his Muslim Brotherhood that has eviscerated its leadership and much of its crucial mid-level organizers. More than 2,000 jailed Brotherhood members are facing potential prosecution in multiple cases.

THE ASSOCIATED PRESS



Mohammed Morsi
GETTY IMAGES FILE

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Britain. Pragmatic ruling brings compromise to heated religious debate

In Britain this week, a judge struck a blow for religious freedom. Or for secularism. It depends on whom you ask.

Judge Peter Murphy ruled that a female Muslim defendant may stand trial wearing a face-covering veil — but must remove it when giving evidence. The compromise ruling had some insisting it backs a woman's religious right to wear the veil, and others saying it shows British justice remains independent and won't bow to religious demands. **THE ASSOCIATED PRESS**



Veiled mannequins at a Muslim World Fair exhibition in Le Bourget, France.
THE ASSOCIATED PRESS FILE

Clever pickpockets

Going incognito with fanny packs, comfy shoes and digital SLRs

French police have arrested a gang of pickpockets who dressed like tourists in order to target visitors to Paris's

most famous museums and monuments. The group was sophisticated, dangling cameras from their necks to blend in, always buying entry tickets and slipping away unnoticed. They operated at the Louvre, the Musee d'Orsay, the Eiffel Tower and the Chateau de Versailles, bringing in as much as \$2,700 per day.

THE ASSOCIATED PRESS

France's pretty little girls may be denied a stage

Move to ban beauty pageants for children.

After all, there are no mini-Mr. contests, lawmaker says

France's Senate has voted to ban beauty pageants for children under 16, in an effort to protect girls from being sexualized too early.

Anyone who enters a child into such a contest would face up to two years in prison and 30,000 euros in fines. A pageant organizer lamented that the move was too severe.

The Senate approved the measure 197-146 overnight, as an amendment to a law on women's rights. The legislation must go to the lower house of parliament for further debate and another vote.

Such beauty pageants, involving girls of all ages often heavily made up and dressed

up, regularly elicit public debate in France and elsewhere.

"The foundations of equal rights are threatened by the hyper-sexualization that touches children ... between 6 and 12 years old," said conservative lawmaker Chantal Jouanno, who authored the amendment.

"At this age, you need to concentrate on acquiring knowledge. Yet with mini-Miss competitions and other demonstrations, we are fixing the projectors on their physical appearance," she said.

She noted the amendment is primarily focused on protecting girls. "When I asked an organizer why there were no mini-boy contests, I heard him respond that boys would not lower themselves like that."

The amendment's language is brief but sweeping: "Organizing beauty competitions for children under 16 is banned." **THE ASSOCIATED PRESS**



Oceane Scharre, 10, elected Mini Miss France 2011, is seen with Miss France 2011 Mathilde Florin. France's Senate voted Tuesday to ban beauty pageants for children under 16. MINI MISS COMMITTEE/THE ASSOCIATED PRESS

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Climate debate heats up in Washington

Keystone XL. U.S. environmentalists plan 'Draw the Line' rallies this weekend in national day of action

U.S. President Barack Obama's sweeping climate agenda was in the spotlight on Capitol Hill on Wednesday

with his two newly appointed environmental czars chiding those who doubt the existence of climate change as congressional wrangling over TransCanada's Keystone XL pipeline raged on.

"The increase in the quantities of greenhouse gases in the atmosphere as a result of human activity, above all the combustion of fossil fuels, has reached the point that it

Quoted

"The evidence is overwhelming, the science is clear."

Energy Secretary Ernest Moniz, to the energy and commerce committee at the House of Representatives, where Republican legislators remain skeptical about climate change.

is profoundly affecting the climate," Energy Secretary Ernest Moniz told a hearing of the energy and commerce committee at the House of Representatives.

Questions from lawmakers to Moniz and his colleague, Gina McCarthy, head of the powerful Environmental Protection Agency, focused on upcoming greenhouse gas emis-

sions standards for existing power plants — regulations that opponents say will have a devastating economic impact on coal-producing states.

Keystone XL wasn't immediately a subject of discussion at the House hearing on Wednesday, possibly because both McCarthy and Moniz have steered clear on weighing in on the merits of the pipeline. But outside the hear-

ing, Eric Cantor, the majority leader of the House of Representatives, told the media that Republican House leaders plan to advance Keystone XL by inserting a resolution into legislation to raise the U.S. debt ceiling — the latest attempt to force the White House into green-lighting the project by attaching pro-pipeline language to bigger bills.

THE CANADIAN PRESS



Protesters want naked truth

A demonstrator from the Avaaz organization wears posters that read in Portuguese, "We have nothing to hide. And you Senator?" outside Congress in Brasilia, Brazil, Wednesday to protest the country's system of secret voting. Demonstrators are asking for congressional voting to be opened to the public. ERALDO PERES/THE ASSOCIATED PRESS

Trapped 16 days in well. Woman says she survived on corn and rainwater

A woman stranded for 16 days in an abandoned well in central China said Wednesday she shouted for help every day and began to lose hope, but managed to survive on raw corn and rainwater.

Su Qixiu, 48, was gathering herbs when she fell into the four-meter-deep well in a village in Henan province on Sept. 1. Her husband and children searched for her without success, but she was finally found Monday by a passerby,

state media reported.

"I shouted every day in those 16 days. And spoke a lot of nonsense. I was scared and felt hopeless," said Su, speaking slowly and weakly from her hospital bed.

Su said she lost around 15 kilograms and now weighed around 40-45 kilograms. Her doctor said that Su at first was unable to speak and had organ failure, but that her condition had stabilized.

THE ASSOCIATED PRESS

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Wildlife

Walrus safety top of mind in Alaska

The U.S. Fish and Wildlife Service is taking steps to protect hundreds of walrus that have gathered on Alaska's northwest coast.

Spokeswoman Andrea Medeiros said Wednesday that the agency has begun its protocol to prevent stampedes among the animals that gather in close quarters on remote Arctic beaches. The measures include limiting flights in the area and warning nearby villages to avoid walrus herds.

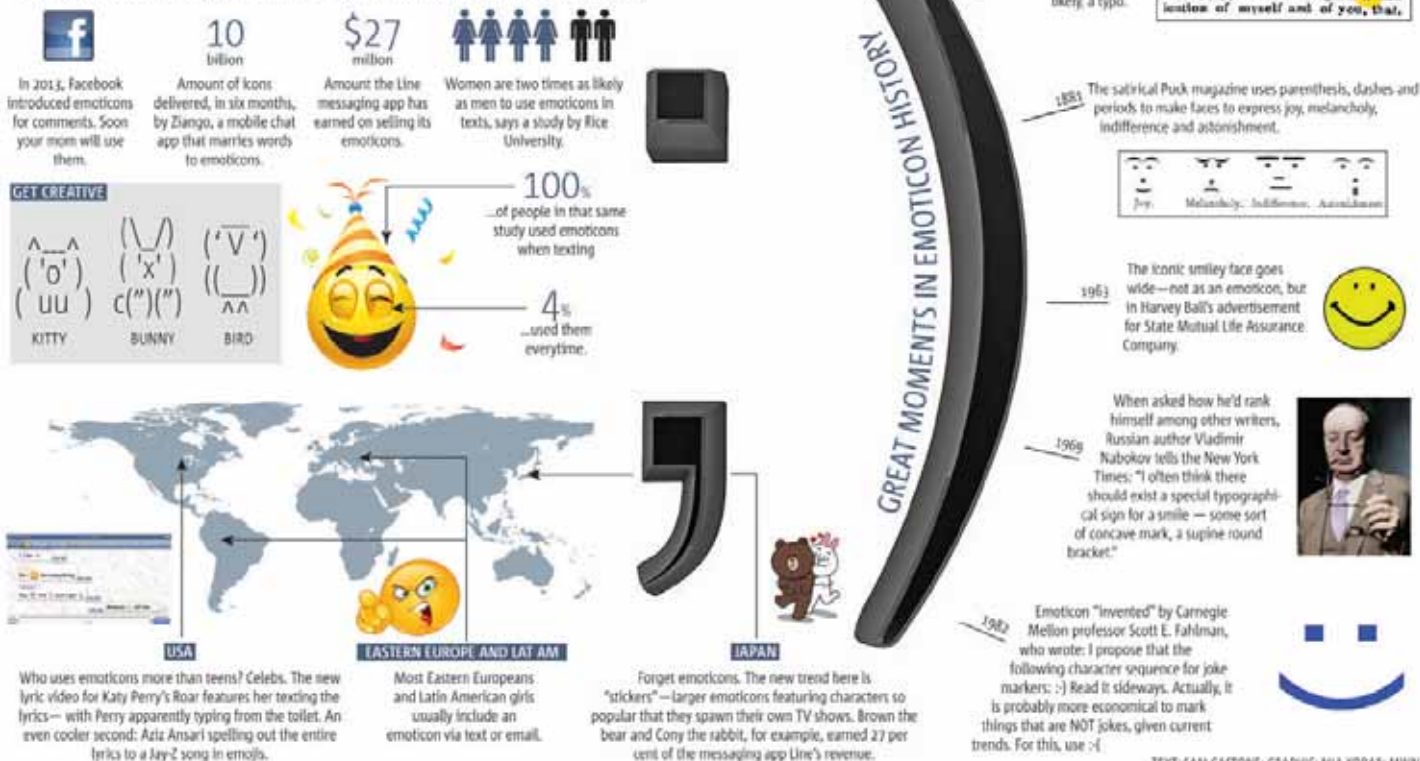
The World Wildlife Fund, using photographs taken Saturday by federal scientists, estimates 2,000 to 4,000 walrus have come ashore on a beach near Point Lay, an Inupiat Eskimo community 1,120 kilometres northwest of Anchorage.

If panicked by an airplane, a human hunter or a polar bear, walrus can stampede for the ocean, crushing pups.

THE ASSOCIATED PRESS

HAPPY BIRTHDAY, EMOTICON

The symbol was first typed on Sept 19, 1982. Funny, he doesn't look 31.



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Make our senses sizzle

The seventh global Metro photo contest is calling on photographers to stimulate our judges' senses. This year's theme is the five senses, plus one. Photographers are invited to submit photos that illustrate each category — sight, sound, hearing, touch, taste and the sixth sense. A winner in each category will be chosen from participating countries with a global winner chosen from those photos. Among those top six photos, a grand-prize winner will receive a six-day trip to Ghana with Reach for Change. Local winners, plus an overall winner for Canada, will be announced in the newspaper.

Submit photos at metrophotochallenge.com before Oct. 13, 2013



Sight: Jeanne Beker

Canadian fashion icon Jeanne Beker says her background as a mime artist taught her a picture is worth a thousand words. A photo that portrays spontaneity, elegance, drama, sensuality and charm will impress her. "I adore a photograph that tells or suggests an intriguing story," she said. "I especially love portraits."

Smell: Barb Stegemann

"I think I will find scent in a photo by going with my gut reaction," says business-woman Barb Stegemann. "I will then close my eyes and think a bit and come back to it. That is my process with most things." She is the CEO of 7 Virtues, a perfume company that sources essential oils from legal crops in Afghanistan to provide farmers an alternative to illegal poppy crops.



Taste: John Jackson and Connie DeSousa

Co-owners and co-executive chefs of Calgary's CHARCUT Roast House, John Jackson and Connie DeSousa know what kind of photo makes you salivate. "If it's a roast chicken the skin needs to be golden brown and crisp to the eye with a warm steam lifting from it and drips of juice dripping down the side," said Jackson.

Touch: Maria Franke

Maria Franke, curator of mammals for the Toronto Zoo, is one of the few people who have touched a panda. And she knows that in the animal kingdom, things don't always feel like they look. "(Panda) hair is actually quite coarse," she said. Franke will use that experience to judge how well the sense of touch is conveyed in the photos.



Hearing: Nonna Aroutiounian

Clarinetist Nonna Aroutiounian understands how music can evoke colour and texture in your mind. So, she's hoping the photos she judges will transcend the literal representations of sound — a photo of clarinet or French horn, for example — and make her hear something wonderful.

The sixth sense: Douglas Coupland

Author and artist Douglas Coupland believes in the "sixth sense," and he'll recognize it in a photo. "There is obviously something out there. I don't know how or why it works, but we've all felt it and we all know it's real. That's the sixth sense," he said. He doesn't want a photo that just documents its subject, which, he said, would be merely "Instagram fodder."



GRAPHIC DESIGNER

We're looking for a talented Graphic Designer whose portfolio and experience reflects that of a strong print design background. In this six month contract position, the right candidate will join Metro's dynamic and award winning Creative Services team. The ideal candidate will have a successful track record of delivering a variety of quality creative and deadline driven projects in an extremely fast paced environment. In addition a solid comprehension of print design and production, specifically for print advertising and online design skills using web-based media are a definite asset.

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- Quality assurance of design and layout prior to sending to clients, high degree of accuracy

REQUIREMENTS OF THE POSITION:

- Skilled in print, online and mobile graphic design, comprehensive and complete software knowledge including, QuarkXPress, InDesign, Adobe Acrobat/Distiller, Photoshop, and Illustrator
- Proficient on both Mac and PC platforms
- Ability to prep files for print production, including file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment with strong attention to detail (typography, copy, grammar, layout, images, colour, etc)
- Must be a quick problem-solver, who initiates projects and takes a pro-active approach.
- Must be highly skilled at multi-tasking, prioritizing workload efficiently, and tracking ad material.
- Post secondary degree or diploma in Graphic Design (Print)
- 3+ years design experience within a media environment

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than Sept. 20, 2013. PLEASE QUOTE: "Graphic Designer - Edmonton" in the subject line. All submissions will be treated as confidential.

metro

Low-key launch. BlackBerry unveils new smartphone with 5-inch screen

BlackBerry, amid minimal fanfare, unveiled another new smartphone Wednesday, this time with a bigger screen that appears designed to attract users who want a midpoint device between a phone and tablet.

But the launch was largely overshadowed by the latest developments at its competitors

and reports that the company is planning to deliver another round of major layoffs.

It's the latest setback for the company, which has been trying to regain ground in the technology market even as consumers seem to be increasingly losing interest in the brand.

The new BlackBerry Z30

comes with a five-inch screen, improved battery life and a faster processor than the models released earlier this year, and is about the same size as its competitor, the Samsung Galaxy S4. BlackBerry took a relatively low-key approach to promote the new device on Wednesday.

THE CANADIAN PRESS

Market Minute



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Major layoffs ahead?

- BlackBerry could lay off as many as 5,000 employees in the coming months in an effort to return the smartphone maker to profitability, according to a report in The Wall Street Journal.



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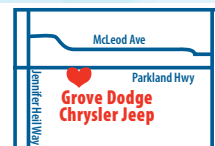
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TAKE GUESSING OUT OF THE GAME

Hockey's off-season is over! What a terrible couple of weeks that was.

Without the lifeblood of hockey coursing through my veins, I was forced to have awkward conversations with friends about topics I'm not actually interested in, such as their friendship. But now that the Zamboni has had time to flood the ice not once but twice and the Chicago Blackhawks victory parade has almost wrapped up, we can drop the puck again.

The new season has many storylines that will unfold on TV screens just over my first dates' shoulders this winter, so here's a look at my predictions for the 2013-14 NHL season.

Boston Bruins forward Patrice Bergeron, who last playoffs fought through a separated shoulder, broken rib, torn rib cartilage, and a face that looked like it had been mulched, all in a losing cause, will produce a series of "For The Love Of The Game" youth-recruitment videos, causing Canadian enrolment to plummet.

The Phoenix Coyotes will celebrate their 1,000th customer. Florida Panthers goalie and Tea Partier Tim Thomas will once



HE SAYS

John Mazerolle

metronews.ca

again find himself in hot water politically, when a 1983 photo surfaces showing him shaking hands with Cuban communist revolutionary Fidel Castro.

The New York Islanders, hit by years of budget constraints, will send pink slips to all their left-handed shots. Management will promise to do "more with less."

Vancouver Canucks coach John Tortorella will show a new, softer side by letting reporters finish their questions before politely explaining that their questions are stupid and they should consider another line of work, like base jumping.

This year's outdoor games (23 in all) will remind fans of a gentler, simpler time when games were played outside at an inconvenient distance for \$400 a ticket.

Newly acquired Dallas Stars forward Tyler Seguin, infamous for his partying, will run afoul of management when he's caught with an escort near the left face-off dot at the 13-minute mark of the third period.

In a hilarious gaffe that will be replayed on all of the highlight shows, a Raleigh man will accidentally pay full price for a Carolina Hurricanes ticket.

Pittsburgh Penguins superstar Sidney Crosby will transform from a whiny diver who thinks nothing of cheating and makes fans sick, to a feisty acrobat who will do anything to win and makes Canadians' hearts swell with pride, from Feb. 7 to 23 inclusive. Fans will have no explanation for the change.

The amount of hits to the head will be reduced thanks to a league-wide focus on each team's biggest players punishing transgressors by hitting them multiple times in the head.

Longtime Ottawa Senators forward Daniel Alfredsson will reveal in his first visit to the nation's capital as a member of the Detroit Red Wings, that HE WAS A SENATOR ALL ALONG, hitting Red Wings coach Mike Babcock with a folded-up metal chair before side-suplexing the entire Red Wings roster, then tearing his Red Wings sweater off to reveal the Sens logo beneath, with his face under the helmet.

The NHL Network's new Gary Bettman Isocam will capture each thrown projectile and hurled insult at every game the commissioner attends (four in all).

The Toronto Maple Leafs will win the Stanley Cup.

ZOOM

My selfie ... inside a glacier



JONATHAN TUCKER/SOLENT NEWS

Enter the azure world of a glacier

A brave photographer risked his life venturing into a cave formed by a glacier, all to capture this self-portrait in the surreal icescape. Jonathan Tucker trudged through swamps and up a mountain for more than two hours to reach Mendenhall Glacier near Juneau, Alaska, 1,550 metres above sea level. The glacier is a staggering 21.9 kilometres in length. **METRO**

Photographer's view



"The glacier is constantly melting, so you never know if the

cave will collapse at any minute. It took my breath away. It was terrifying."

Jonathan Tucker, 27, landscape photographer from Whitehorse, Yukon

Ice caves

- Caves form as a glacier moves over a disorder in the ground surface and it detaches itself from the floor. The base layer reconnected with the ground layer, forming striations, thin parallel lines made up of sediment, which refreezes to the base of the glacier.
- Eisriesenwelt, in Austria, is 42 km long — the longest ice cave in the world.

Claustrophobia? Not a problem

Locals had warned Tucker that the water inside the cave was so cold he would have survived for just 10 minutes if he fell in. "I felt very claustrophobic at the beginning, but it started to pass as I was taking photos," he said. "However, I then heard a crack or movement of the glacier above me, which sounded like I was in the clouds in a thunderstorm."

METRO

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

From mapping the mysteries of the mind to discovering the science of sex, there's no shortage of podcasts promoting science for the non-scientists. So rejoice, just because you don't have a PhD in molecular physics, doesn't mean you can't marvel at the mind-boggling universe. Give these three programs a listen:

Neuropod:

From the history of hypnosis to Alzheimer's origins, this podcast, found on nature.com, breaks down the science in our noggins. No background in neurology needed.

RadioLab:

Covering a wide-range of topics from the history of the Heimlich manoeuvre to stories about the science of speed, the well-loved podcast frequently tops the "must listen" lists.

Star Talk:

Internet-famous Neil deGrasse Tyson, pictured, keeps science cool by tapping into celebs for his (nearly) weekly podcast. Despite the name, Tyson doesn't just talk space — he also explores the science of "doing it."



GETTY IMAGES

Twitter



whiff of a weird smell and I don't want to know what it is."

@metropicks asked:

The emoticon marks its 31st anniversary. What's the one emotion for which you wish there was an emoticon?

@FrenchmanCanada: The "I was just being polite, I don't want you to send me more pictures of your DIY project" emoticon.

@CedricRichards: That one emotion for when you feel like a 90s kid

@AnneHayward2: walking on clouds; yearning/longing; dreaming; lots of them!

@NodalesA51: The "I just caught a

@sheldoncoelho: "Thank you, Sorry and Please" because emoting it is easier than saying it. #JustSaying

@dsteeley7: Straight-up unambiguous sarcasm. So many problems would be solved with a universally known/recognized sarcasm face

@Lissa3116: I think a drooling emoticon. #imweird #needitsometimes

@TravelWandering: Emoticon for "this conversation is OVER"

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca

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Thursday, September 19, 2013

SCENE 23

Bestseller suffers for his art

Novels. Writing a book is no walk in the park — and if you want to write a book, you should probably stop using clichés like ‘no walk in the park’



JENNIFER LARAWAY
Jennifer Laraway
edmonton@metronews.ca

It's said only 10 per cent of people who say they want to write a book actually do.

Even when a writer overcomes those odds, the writing process can be an uphill battle both creatively and with the author's inner circle.

“A lot of suffering is involved with the creative process. I have to get up very, very early to do this because I also have a full-time gig. So, to preserve my creative time, I get up at 5:30 a.m. Sometimes, I think I am still half asleep and it's hard to get going,” Edmonton author Todd Babiak of *Come, Barbarians* explained.

For those mornings when Babiak is tempted to crawl back into bed, he remembers the advice a friend once gave him.

“He said it takes 12 minutes to get into a deep concentration and I think that's true because after I check



Edmonton author Todd Babiak publishes his fifth book, which is based on a vivid nightmare. COURTESY HARPERCOLLINS CANADA

that last email or do that last call, I get really into the writing. I can feel the emotions of the characters, follow their train of thought, and that's when I make real

progress,” Babiak says.

The other ace in Babiak's back pocket is drawing inspiration from the people around him.

“Come, Barbarians is

about my obsession with friendship and connection,” he says.

“I was inspired by this horrific, vivid dream of my young daughter getting hit

by a car in Europe.”

It really moved him.

“It was so graphic. I could smell wine, feel the cobble and when I awoke, I couldn't shake it. I started exploring everything from, ‘Was the driver drunk? Where are the parents?’ To how the politics of the region plays a role and how all of these swirling elements of the story connect.”

Once the writing of *Come, Barbarians* was complete, Babiak said, “It's a very intimate process being published. Friends see me differently now, especially if sex, secrets, or violence are in the story. They become uncomfortable because they feel they know my thoughts too well.”

“But it's necessary for me to feed off that as an author because that's where I know the good stuff is for the reader.”

Come, Barbarians, Babiak's fifth book, which is being published by HarperCollins Canada, hits book stores across the country on Sept. 24.

Launch details

- Babiak is hosting a book launch Sept. 30.
- The event takes place 7 p.m. at the top floor of Startup Edmonton (10363 – 104 St.).

2 SCENE

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26

SCENE

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Thursday, September 19, 2013

How will the cards fall on Emmy Awards night?

Predictions. It's a historic year in the world of TV awards, with *House of Cards* the first online show to nab a nomination

Emmy Awards crystal-ball gazing was so much easier in the old days, circa the last few years: ABC's *Modern Family* would be honoured as best comedy series and a cable show, *Homeland* or *Mad Men* or such, would win best drama.

Modern Family may earn its fourth consecutive trophy at Sunday's ceremony. But the drama picture is murkier because of Netflix's *House of Cards*, the first online program to be nominated for top series honours under a 2007 Emmy rule allowing digital contenders.

"We didn't believe it would take as long as six years-plus for the world to start looking to this new explosion of original content," said Rob Barnett, who moved his career from cable (MTV, VH1) to online as founder and CEO of My Damn Channel. "But it's clearly happening."

Whether *House of Cards* will actually claim the trophy is another matter. It took more than a decade before a cable show, HBO's *Sex and the City*, prevailed as a top series winner; in an impatient world, might *House of Cards* compress the time frame?

Or it is possible that astute Emmy voters smacked their foreheads, realized they had yet to crown AMC's *Breaking Bad* as TV's best drama and made amends? They should have, we say in unison. Here are some predictions for the 8 p.m. EDT ceremony on CBS hosted by Neil Patrick Harris — who, no Ouija board needed, will be reliably outstanding.

Drama series

Should win: *Breaking Bad*. It's at the height of its power, and Walter White knows where you live.

Will win: *House of Cards*. Ambitious politician trumps ambitious drug dealer in Washington-bedazzled Hollywood.

Comedy series

Should win: *Louie*. Life can be brutal, but also brutally funny in Louis C.K.'s hands.

Will win: *Modern Family*.



Will *Breaking Bad* take home the win for best drama series? CONTRIBUTED

It's comfortably amusing and academy voters like it, they really like it.

Actor, drama series

Should win: Jon Hamm, *Mad Men*. Don Draper finally confronts his pain and what he's done to others. Hamm's trophy is even more overdue.

Will win: Kevin Spacey, *House of Cards*. Take that, movies! TV is better than ever, and honouring a visiting big-screen star drives the point home.

Actress, drama series

Should win: Kerry Washington, *Scandal*. She offers a powerhouse performance that keeps the madcap series spinning but not out of control.

Will win: Kerry Washington, *Scandal*. Don't overthink what will be an unprecedented African-American victory; she simply deserves it.

Supporting actor, drama series

Should win: Bobby Cannavale, *Boardwalk Empire*. Of course he can bring a fresh spin to a gangster role; what can't this actor do?

Will win: Aaron Paul, *Breaking Bad*. His character's vulnerability is habit-forming, and he's poised for his third consecutive win.

Supporting actress,



Kevin Spacey brought some big screen swag to *House of Cards*. CONTRIBUTED

drama series

Should win: Christina Hendricks, *Mad Men*. When the going got tougher so did her character, and Hendricks soared.

Will win: Anna Gunn, *Breaking Bad*. It's the embattled Mrs. White's turn to shine.

Actor, comedy series

Should win: Don Cheadle, *House of Lies*. There was a reason for his upset Golden Globe victory over Alec Baldwin and other past winners.

Will win: Louis C.K., who made the sad clown irresistible.

Actress, comedy series

Should win: Laura Dern, *Enlightened*. If you're looking for layered humanity in any character, she's your woman.

Will win: Julia Louis-Dreyfus, *Veep*. She wears power and the lunacy of ambition well. Elaine who?

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Killing time is over

Dexter. As the series draws to a close, Michael C. Hall reflects on his complex character and what the future holds

Dexter Morgan's life seemed well-ordered at first glance, including the serial killer thing. That turned out to be unsustainable.

As Dexter reaches its finale, to air on Showtime Sunday at 9 p.m. Eastern, the character portrayed by actor Michael C. Hall is no longer strictly ruled by the code set down by his adoptive father upon noticing his son craved killing. Dexter was told only to murder people who are proven killers themselves and likely to kill again, and to thoroughly cover his tracks. The narrative device made it possible for viewers to tolerate, even like, someone who did reprehensible things.

"He's so far from anything

I experienced him to be at the beginning," Hall said over lunch, a few weeks after filming the 96th and final episode of the series that began in 2006.

"He's the same character, but he's in many ways a different person," Hall said. "He had successfully compartmentalized efficient killing and convinced himself that he is, in fact, incapable of authentic human emotion when we first met him. But that all falls apart, slowly but surely."

Without the writers providing challenges, Dexter ran the risk of becoming an unimaginative murder-of-the-week procedural. Dexter's boundaries were most severely tested at the end of the fourth season when his wife, Rita, was killed and in season six when his half-sister, Debra (real life ex-wife Jennifer Carpenter), saw him knifing someone in the chest.

"I've always thought that it was more interesting to challenge the audience's affection for the character and

to move him into choppy waters," Hall said.

He can appreciate people who say they like his work in Dexter. People who say they like Dexter is something else entirely, although Hall has his theories about those fans.

"We live in a world where we have an increasing sense that we're not in control ... and Dexter, in his micro way, controls his universe and that is very appealing to some people," he said. "We all have a sense of injustice in the world, and Dexter is certainly exacting some form of justice within the confines of his own."

Of course, he said, "maybe it's not that deep. Maybe people have murderous impulses they don't act upon and enjoy watching somebody who gets away with it."

Dexter is going out strong. Ratings are higher during the current eighth and last season than they've ever been. That's a familiar pattern for many critically-acclaimed cable series that see their audiences grow as new fans



Michael C. Hall says he will miss the decisiveness of his character Dexter. CONTRIBUTED

discover the stories and binge on them while the show is on hiatus.

The series was pivotal to Showtime's development, said Matthew Blank, the network's chief executive. "It really felt like this is what Showtime should be," he said. Homeland and Ray Donovan may not have existed without its example.

Showtime will look for ways to keep the character alive even after Dexter ends, Blank said. He wasn't clear on how that would happen.

Hall, 42, is measured in how he makes sure to say

nothing revealing in advance about the finale. ("Some people will be happy with it, some people will be troubled by it," he said.

"Perhaps some people will be a combination of those things.")

He will miss certain things about playing Dexter. The character was decisive and didn't hesitate to take action, even at times of extreme stress and even when that action was morally questionable. He's looking forward to portraying people whose emotions are not stunted or buried.

Best mistake he ever made

Many fellow actors and friends told Hall he was making a mistake when he took the role of Dexter. A show about a serial killer? Who'd want to watch that? "I've certainly had the thought that I should quit while I was well ahead," he said. "When Six Feet Under ended, I imagined I would never do another television series, just because I thought it would be impossible that I would be so lucky that I would find something as successful."

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Rockin' out breaking hearts and stealing fans

New album. Chris Young — who is setting sights on playing his own headlining tour — satisfied with reaction to new single Aw Naw

Chris Young was nervous about his new single Aw Naw.

The 28-year-old Tennessee native releases his new album A.M. this week after a string of No. 1 hits. He wasn't sure how Aw Naw would fit in that line of singles because it was so different from what he's done over his previous three albums.

"It's working at radio, it's doing what it's supposed to do," Young said. "It's down-loading and it's hopefully going to help move a lot of records. ... It's definitely a shot in the arm to my live show."

Traditional country fans have embraced Young's deep voice and songwriting, and he's mostly focused on crooning love ballads so far.

But the new party single mixes in double electric guitars and stronger drumbeats for a sound that can fill arenas — something he's been studying out on the road as an opening act.

"We did some stuff sonically, mastering-wise that's a little bit different than anything I have done

Friendly fan theft

"He has very loyal fans, so any of those I can steal while I'm opening for him, I will happily steal as many as I can."

Chris Young
On his ambition to steal fans from Brad Paisley while on tour with him

before and there's more tempo on this record, as evidenced by the first single," Young said.

"It's more a snapshot of what my live show is than any record that I think I have done."

Young had a brief hospitalization in August for a leg infection, but he's recovered and returned to the stage. Touring alongside Brad Pais-

ley has Young already thinking about what he would do on his own headlining tour. While he's done some headlining shows, he's still working on building a fan base that can support a large headlining tour.

"Yeah there is that added pressure of, 'it doesn't sell, it's on you,'" Young said. "That's the fun part, too. Eventually you've got to put

it out there and build the hard-ticket market. That's just the next step."

Meanwhile, he's happy to get the exposure to Paisley's huge and passionate fan base.

"He has very loyal fans, so any of those I can steal while I'm opening for him, I will happily steal as many as I can," Young said.

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Chris Young is keen to have a headline tour of his own. GETTY IMAGE

Revolution. UN team up to shine spotlight firmly on energy crisis

The cast and crew of J.J. Abrams' post-apocalyptic drama *Revolution* are kicking off season two at the United Nations to discuss the basis of the show: what happens to people when the power goes off.

Show runner Eric Kripke and stars Billy Burke, Giancarlo Esposito and Tracy Spiridakos are sitting down with officials at the UN Tuesday to talk about the plight of the one-fifth of the world's population that lives without electricity.

The event was sparked by two UN Undersecretaries General — and fans of *Revolution* — who reached out to Abrams' Bad Robot production house and said they could use some help shining a light on the global energy crisis.

"When J.J. and I were cooking up *Revolution* we talked a lot about how we are this technology-dependent society and if you remove that infrastructure, much of a society would collapse as a result of something so simple and basic — and *Revolution* is basically about that at its core underneath all the action and sword swinging," Kripke



A scene from *Revolution*. AP PHOTO

said. He said the UN outreach was "surreal."

Rebecca Goldman, director of Good Robot, Bad Robot's philanthropic arm, says the UN foundation's focus on energy access seemed like a perfect match. The show's writers will sit down with five UN workers with experience in places like Syria, Sudan, Afghanistan and the Republic of Congo.

"These are people who were negotiating directly with warlords for the release of child soldiers and trying to create infrastructure in places that don't have any power," Kripke said, "and can give you boots-on-the-ground perspective on what life was like." **THE ASSOCIATED PRESS**

Mend your broken heart with the turn of a page

Love Rehab: A Novel in 12 Steps. Author Jo Piazza used her own experiences as well as those of actual love rehab attendees to create book designed for the lovesick

MAJA LUNDGARD
Metro World News in NYC

Author Jo Piazza knows what it's like to be a love addict.

"I was a complete neurotic dater when I was in my 20s. I used to Google stalk my boyfriends, drive past their houses and I went completely insane during some breakups," says the author of the new book *Love Rehab: A Novel in 12 Steps*. But Piazza knows she isn't the only girl in the world who has done crazy things for love. While researching the book and her main character, Sophie, Piazza discovered ac-

tual love rehab centres where forlorn women are coached through their obsessions. They get help to overcome past relationships while also learning how to be independent.

"Sophie became this combination of my own experiences, my friends' experiences and stories from around 500 women I interviewed at different rehab centres," Piazza tells Metro. "I also contacted an anthropology professor. She told me the feelings you get from love are the same you get from cocaine. When those feelings go away, you go through withdrawal in the same way (as when you quit drugs)."

Piazza points to our generation's preoccupation with social media as to why anxiety surrounds many women and their relationships. You can really keep an eye on your current boyfriend (or your ex) thanks to sites like Facebook, Twitter and Instagram. The life-snippets and images they promote let the imagination run wild.

"In rehab, women actually



Author Jo Piazza admits to being a neurotic dater in her 20s. CONTRIBUTED

get to identify their addictions. They realize that everyone does the same things," she says. "Most women in rehab don't want to get out of their relationships even though they are really bad for them. They are scared of being alone, and that fear drives so many women to bad behaviour."

For Piazza, writing *Love Rehab* was her own cathartic

experience. "While I was writing this book, I really evaluated myself and my relationships," she recounts. "I thought about what I had done wrong and right; in a lot of ways, this book puts me in a very good place — a place where I have met a good guy who treats me really well and with whom I haven't had any drama — fingers crossed."

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Gwyneth Paltrow. ALL PHOTOS GETTY IMAGES

Public showers aren't really Paltrow's thing

And here we thought the people who brought flip-flops to wear in the gym shower were high maintenance — but they don't touch Paltrow. The actress reportedly has an assistant

go in and wipe down her gym's shower before she uses it.

"She refuses to touch what she calls 'somebody else's shower water,'" a source says.



Liam Hemsworth

Hemsworth gets lucky in Las Vegas

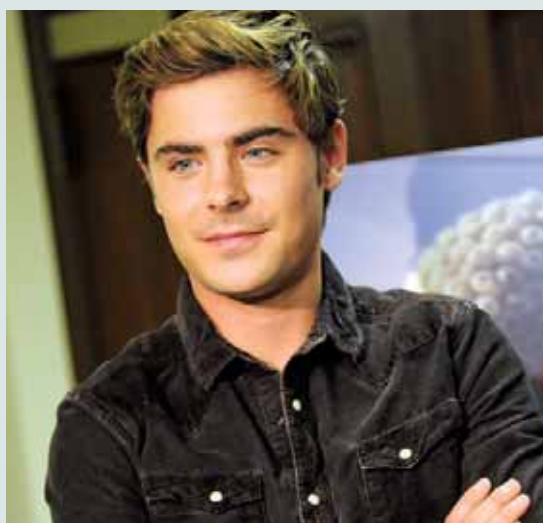
Liam Hemsworth seems to be taking his split from fiancée Miley Cyrus quite well. The Paranoia actor reportedly hit it off with singer-actress Eiza Gonzalez in Las Vegas after they had "just met," chatting over drinks at a nightclub,

according to TMZ. And back in L.A., Hemsworth was spotted stopping by her apartment to drop off a piece of luggage — and engaged in quite the passionate lip-lock in the parking garage.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



It was cocaine, not booze that sent Efron to rehab: reports

THE WORD

Melinda Taub
scene@metronews.ca

Zac Efron's people came clean yesterday and said that he'd recently completed a stint in rehab for alcohol abuse.

However, that burst of honesty may have been a bit of sleight of hand to distract from something they still didn't want to talk about: It was reportedly cocaine, not alcohol

(or not just alcohol), that drove the once squeaky clean High School Musical star to seek treatment.

According to TMZ, Efron's problem was at its worst this spring, when he missed several days of filming on Seth Rogen's Neighbors due to his cocaine abuse.

Uh... so? I mean yeah, cocaine's illegal and a harder drug, but am I the only one surprised that this is such a big deal?

Addiction is addiction, and he's in treatment for whatever it was. Also, everyone in Hollywood seems to do drugs.

Betty White probably does drugs. How else could she be so perky at her age?

Twitter



@aplusk

Yesterday was today's author and today will be tomorrow's but we each hold our own pen.



@lenadunham

You guys, not trying to brag but I was in an elevator with a model.



@SethRogen

"If you pedal uphill enough, peddling flat feels like going downhill." - Lance Armstrong's biography I'm writing in my head.



What do you get the singer who has it all? A bong

Madonna didn't hold back when taking part in a recent Reddit Ask Me Anything session, fielding all sorts of questions from the online community. For example, the last dream she remembers having that she's willing to share? "Brad Pitt and I were living

together and there was a small blond child in the bed," she responded. "Sorry Angelina, it was only a dream." And how about the best birthday present she's ever received? "I got a bong in the shape of a penis," Madonna replied.

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My first fashion week

Even the most jaded, poker-faced fashion industry vets started out as bright-eyed youth excited to get a standing room only ticket. We asked a few seasoned insiders to recall the moment of their first entry into fashion's hallowed runway shows.

METRO WORLD NEWS

Lara Mullen, model

"Having been scouted by my model agency Premier two weeks before the shows, I suddenly found myself en-route to New York with a set of polaroids and my auntie Wendy. Many surreal moments followed which certainly got the adrenaline pumping! From balancing in sky scraper heels at Alexander Wang (my very first show), to walking the Prada Milan exclusive to Gisele coming to my rescue at Givenchy, after the strap of my shoe broke!"



Sam McKnight, hair stylist

"The year 1985 in London was all very 'ab fab.' There was a lot of attention on all the club culture and the New Romantics. For Katharine Hamnett's first show we did these kind of flick-up, Miss Money Penny-style wigs. Afterwards Lynne Franks, the PR guru (and my agent at the time) threw Katharine a big party at a warehouse in Covent Garden. Lynne made me go home and get one of the wigs from the show so she could wear it. We couldn't find the headband that went with it so Lynne ended up using a tea towel wrapped around her head. That kind of sums up the energy of the time. It was just about having fun. The whole thing was incredibly creative."



Tom Pecheux, makeup artist

"I was assisting at a Chloé show that featured all the supermodels like Christy, Naomi, Linda and Claudia. They all wanted their makeup done by the lead makeup artist or the other assistant that they already knew. No one wanted me so I went to get a coffee. When I came back Christy Turlington was sitting on my chair. I asked her if she was waiting for someone to do her makeup and she said, 'No, you can do it if you want.' I was so happy but also so afraid. My hands were shaking the entire time. Christy isn't only a beautiful model, she's also a wonderful person."



Dani Stahl, style editor-at-large at NYLON

"Whilst interning at Elle magazine I was writing my senior college paper on Betsey Johnson, so my boss took me into the show. I stood all the way in the back and desperately tried to take pictures. I could barely even see but I thought it was the greatest thing that could ever happen."

Fragrance for a cause

Invent your own essence

Fragrance company The 7 Virtues will launch its new Custom Blend Box this Saturday to coincide with International Day of Peace. The set allows users to create their own signature peace fragrance and will include four fragrances made with natural essential oils sourced from Haiti, Afghanistan, Israel and Iran. The 7 Virtues fragrances support nations rebuilding after war or strife. The set will be available at Hudson's Bay stores across Canada. **METRO**

The Kit

Canadian street style

Spotted in: Ottawa

Barbora Architect

What she's wearing
Guess Shirt and Jacket, Arden Shoes, C&A Skinnies, HM Sunnies, BAX Bag

Her inspiration

"Comfort, first and foremost."

I also love neutral shades such as black and greys."

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Trends Report

- Fall fashion events are a good indication of the trends to come in Spring and Summer 2014. Go online to Trends Report to see which colourful trend I've zeroed in on from New York and London fashion weeks and let me know if you like it or not.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetrolreneK

More are going solar but cost is cooling interest

Don't forget leasing. Proof from the U.S. shows that savings are there to be made and environmental peace of mind isn't too expensive

Ben Kunz wanted to do "the green thing" and save on his electric bill without paying

a lot of money up front. So instead of buying a solar system for his house in Cheshire, Conn., he leased one.

"I thought it was a pretty good deal," he said.

"I lean a little environmentalist so I'm concerned about global warming." Increasing numbers of U.S. homeowners are relying on the sun to meet much of their hot water and electricity needs.

In fact, residential elec-

tricity produced by solar in the first quarter of 2013 was almost 10 times higher than that generated in 2008, according to the Solar Energy Industries Association.

But the potential for more is huge. Consider this: "The amount of solar energy falling on the United States in one hour of noontime summer sun is about equal to the annual U.S. electricity demand," the Energy Department says in its SunShot Vision Study.

"Saving money and being energy efficient rank really high with consumers today," said Kit Selzer, a senior editor at Better Homes and Gardens.

A Gallup poll in March found that 76 per cent of Americans thought the country should put more emphasis on producing domestic energy from solar power.

So what's stopping more folks from going solar?

"We found that a lot of people were afraid to go solar because they were too afraid of what they didn't know," said Ketch Ryan, who had a solar energy sys-



Ben Kunz's house with solar panels installed on the roof in Cheshire, Conn. AP PHOTO/SOLARCITY



Ketch Ryan's house, with solar panels on the roof. AP PHOTO/MANUEL BALCE CENETA

tem installed in her Chevy Chase, Md., house several years ago.

To help neighbours, Ryan and Kirk Renaud founded a co-operative, Common Cents Solar, "to make sure we didn't have to reinvent the wheel. We can do it together and we can do it more efficiently."

The first thing is to get your roof assessed to see whether it's viable for solar. The roof's condition, material and angle are among the considerations.

One misconception is that you need a south-facing roof. While south is optimal, solar can be installed on roofs facing east and west, too. "Walk outside on a sunny day and look at the roof," advises Rhone Resch, president and CEO of the Solar Energy Industries Association.

Is the roof covered with shade? If not, your house may be a good candidate for solar. Some solar companies use Google maps for a first look before sending out staff for a fuller assessment.

Kunz says he's saving money.

Another option

Can't afford going solar? Try leasing

Leasing has opened up solar to a whole new group of homeowners, said Jonathan Bass, SolarCity spokesman.

"We think of ourselves as an energy provider," he said. "Installation is free and the customer pays for electricity."

Solar-generated electricity, that is, for a monthly fee. The cost is lower than if purchased through the electric company.

"We insure the system for

the customer," Bass said. "We provide monitoring service. We provide repair service... And we also guarantee the performance of the system."

Jeff Hodgkinson of Mesa, Ariz., said it was that full-service option that prompted him to lease. He paid the full cost of the 20-year lease at the start and expects to begin realizing the savings in about five years.

Going solar for his electricity and hot water was part of a broader effort, he said. "One of the things I wanted to do was make the house very energy efficient."

He now pays about \$140 or \$150 for electricity each month, down from about \$220. And the total includes his \$115 lease payment to SolarCity, a California-based solar company that operates in 14 U.S. states.

Cost is another factor that holds people back. Purchasing and installing a solar system can cost thou-

sands of dollars, depending on how much electricity you want to generate.

"You'll need to pay for it up front," Resch said.

Some people use home equity loans, or lines of credit or other means of financing. Incentives like tax credits and rebates can bring down the cost.

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Warm up to chilly weather in style

Got a light, airy decor and want to make it warm and cozy for the fall? Use neutral colours like grey, black and brown and add a few textures here and there; you'll have a space that looks just as stylish throughout the winter as it did last summer.



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Flannel sheets

Replace those jammies and get in bed with something warm and fuzzy. Polka Dot Flannel Sheets, starting at \$25, simons.ca.



Synthetic cowhide

Throw this over a larger rug for a layered look and cozy feel underfoot. Looks like the real thing! Synthetic Cowhide, Nevada in Camel & Beige, \$249, homesav.com.



Mohair throw

This will become your best friend on those snowy, grey days. Cuddle up with a good book in style. Mohair Throw with Fringe, \$199, zarahome.com.



Cast iron

A fabulous industrial look with the returning popular trend of cast iron. Staub Teakettle, \$150, crateandbarrel.com.



Brushed velvet drapes

Keep out cool winter drafts in style. Brushed Cotton Velvet Drapes, from \$199, restorationhardware.com.



Electrical fireplace

Handsome Scandi-1970s design that adds optional heat during those chilly nights. Slips into the closet during summer months. Aspen Pedestal Electric Fireplace, \$249, homedepot.ca.



Don't let your patio get the winter blahs

Sharing a meal or relaxing on a deck, patio or balcony can be the highlight of a summer day. And when the season changes, proper care can make your outdoor furniture last for summers to come.

Whether you have a pricey patio set or something more modest, experts recommend some simple steps for upkeep and storage.

Often, outdoor furniture "is a bit of an investment, so it makes sense to put effort into protecting and maintaining what you have in your

yard," says Matt Blashaw, a licensed contractor and host of DIY Network's Yard Crashers.

Look for cover

Ideally, it's best to store any type of patio furniture — metal, plastic or wood — indoors during harsh weather. If that's not possible, Blashaw recommends weather-proof covers, or at least some simple poly/vinyl tarps secured with straps or weighted down.

"There are furniture covers of just about every shape

and size available," he says, adding that the newest ones are waterproof and UV-treated for protection.

Measure your pieces before you buy covers to ensure the right fit. You can also ask for manufacturer guidelines that may help you choose the correct style.

Careful cleaning

Before you store patio furniture, make sure it's free of dirt and debris.

Lowe's Home Improvement spokeswoman Colleen

Maiura tells customers to check the manufacturer's directions before using any cleaning products.

For most materials, however, you'll just need soap and water, she says. Consider using a pressure washer on a low setting (1,200 to 1,350 pounds per square inch) to make the job go even more quickly.

For acrylic cushions, Maiura recommends spot cleaning with a sponge, mild soap and water. Make sure the cushions are completely dry before storing them.

Must-do maintenance

Some additional maintenance can keep your set functional and looking fabulous.

For wood, you may need to oil or varnish it, depending on the type. For wicker, you may have to wax if it's not water-resistant.

Some metal frames require paint touch-ups, but most are made to be rust-resistant or rust-free. If your set is not, consider using paste wax or naval jelly for protection. Some rusted metals can be professionally powder-coated,

making them look new again.

Wear out the warranty

Blashaw says one of the biggest mistakes homeowners make with outdoor furniture is throwing it out instead of making simple repairs with parts covered under warranty.

"Keep the receipt, and if the furniture does not hold up to the regular 'wear and tear' promise within the warranty period, contact the manufacturer and get yourself a brand new set," he says.

THE ASSOCIATED PRESS

Keep your basement flood-free

Water damage. These tips can help you protect your home against flooding

Many homeowners are surprised to hear that water damage is the most common insurance claim. Water damage — often in the form of a flooded basement — can come out of nowhere and cause extensive damage to your home.

“Once homeowners understand the most common types of insurance claims, they can take steps to guard against them,” says John Jenner, vice-president of marketing and communications at Western Financial Group.

“Measures might include making sure their home insur-

ance policy covers sewer back-up, installing a sump pump, having properly installed drainage systems, or making sure that downspouts are sending water away from their home.”

According to the Insurance Bureau of Canada, there are many causes of flooding, including tree roots growing through cracks in the water-line, overloaded stormwater and sanitary sewer infrastructure, frozen pipes, and vandals blocking lines.

To keep your home safe, follow these guidelines:

Have someone check your house when you're away

If you leave home for more than three days, make sure someone comes to check the premises. A flooded basement, leaky pipe or a broken window can be devastating if it's not

discovered and dealt with immediately.

Keep drains clear

It may seem simple, but many homeowners need to be reminded to keep their basement drains clear of obstructions. That means moving large objects such as furniture and making sure the drain is not sitting

under a layer of dirt or debris. In older houses, drains may need to be snaked to ensure they can do their job properly.

Install a sump pump and backflow valves

This will greatly reduce the frequency and severity of basement flooding. Backflow valves or plugs can be installed on

drains, toilets and other sewer connections to prevent water from entering the home.

Move items that are in flood-prone areas

The 10 minutes spent on inspecting your home for items that are in flood-prone areas could save hours later. Make sure you store important docu-

ments and irreplaceable personal items where they will not be damaged.

“It is important for homeowners to go over their insurance policy yearly with a representative,” adds Jenner. “This will make sure you have the coverage you need.”

NEWS CANADA



Water damage can come out of nowhere and cause extensive damage to your home. ISTOCK

Fall cleaning. Prep your home for winter — before the first cold snap

Here are some tasks to get out of the way while the weather is still mild so we can cozy up to our fave Cabernet Sauvignon stress-free later.

Service your heating system

As much as 80 per cent of emergency calls answered by heating specialists are the result of improper maintenance. Schedule an appointment soon so you can beat the rush and help avoid a breakdown in the middle of a freeze.

Check and replace filters

Fall is the perfect time to check your furnace filters. Efficient operation distributes heat better and cuts your energy costs. Plus, it's an inexpensive and easy task.

Protect your pipes

Have your plumbing looked at and water lines insulated. Cleaning all lines can help remove clogs. Clogs cause back-ups, which can freeze and weaken pipes — and potentially cause bursting. Wrap your pipes with insulation designed for plumbing to protect them.

Add insulation

This is one of the lowest-cost options for improving the energy efficiency of your home. The proper amount of insulation depends on the climate you live in. Obviously, the colder the weather, the more you need. Look in your attic: If you see exposed two-by-fours, you are due for more insulation. METRO



Come celebrate our birthday!

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Home purchase price. Be wary of hidden fees



LESLEY SCORGIE
For Metro

Homebuyers, prepare yourselves. Experts recommend setting aside approximately two to three per cent of a home's purchase price for "hidden" fees such as:

Realtor fees: If you are sell-

ing a home while in the process of buying a new one, and have used a realtor, you will pay a hefty fee for their service. The going rate in Canada is seven per cent on the first \$100,000 and 3.5 per cent on the remaining purchase price balance.

Legal: To finalize your home purchase you will have to hire a lawyer/notary to process the deal.

Land transfer tax: This is

likely the most expensive aspect of closing costs for a resale home, which is typically less than two per cent of the value of the property. It is a provincial or municipal fee for a change in real estate ownership.

Closing adjustments: Disbursements are property expenses that sellers have paid and need to be reimbursed for such things as utilities, municip-

pal property tax, and condo or maintenance fees.

Home inspection: Though home inspections cost as much as \$500, they can save major headaches later on. Inspectors render an opinion on the condition of the property and state what needs replacement or repair. If there is something majorly wrong with your property, an inspector should be able to detect it and your real-

tor can advise on whether you should proceed with the purchase.

Appraisal fees: These typically range between \$150 to \$300. However, if a mortgage is insured through the Canada Mortgage and Housing Corporation, Genworth or Canada Guarantee, the fees are generally waived. Appraisals are a tool to help buyers determine a home's market value.

GST: If you are buying a new home, you will pay GST, and may qualify for a rebate.

Interest adjustments: This is the amount of interest you will need to pay between the date of your closing and first mortgage payment.

Other hidden fees include home and title insurance, utility hook-up costs, an Estoppel certificate (for condominiums), and moving costs.



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Stats show that people who set financial goals are far more likely to achieve them compared with those who don't. SYDA PRODUCTIONS/COLOURBOX

Budget rules

Stats show that people who track their money and set financial goals are far more likely to achieve them compared with those who don't.

Homeowners, in particular, need a budget in order to track their expenses, of which there can be dozens each month, and ensure they don't wander financially astray.

Create a new spreadsheet or download a budget tracking tool from your bank's online website, the Canada Mortgage and Housing Corporation, Mint.com, or Google documents.

Start by listing all your sources of monthly income — employment, freelance work, royalties, consulting, child support, alimony, government support, bottle returns, etc. Total it up.

Next, list your sources of expenses. But when you do this, put your mandatory expenses up top like retirement savings, mortgage payments, taxes, insurance, condo fees, loan payments, utility bills, home maintenance and groceries. Nice-to-have expenses, such as dinners out with friends, should be listed below. Total up

Increase your income

- If your budget is squeezed each month, increase your income and try the following — get a second job, work extra hours, take on freelance or consulting work, hock your possessions on Kijiji, get a roommate, or rent storage space.

your expenses.

When you subtract your total expenses from your total income, you have your bottom line. If you are in the red, you will need to cut back on nice-to-have expenses and/or increase your income.

As a homeowner, the biggest favour you can do yourself is budget for regular home maintenance like furnace cleaning, and plan for the unexpected like a water heater conking out or sink dripping through the floor. Most experts recommend you have between one and three months worth of salary set aside for "just-in-case" home expense surprises. **LESLEY SCORGIE**

*We will pay the basic title insurance fee, processing fee and one discharge fee (up to \$300 maximum). Offer excludes mortgage prepayment charges that you may have to pay. Minimum advance \$100,000. †Savings based on \$100,000 secured line of credit with interest being paid over 10 years comparing a 3.5% and a 4.0% annual interest rate. The interest rate will fluctuate with the Prime Rate and is subject to change at any time without notice. Royal Bank of Canada Prime Rate is 3.0% as of August 7, 2013. Personal lending products are provided by Royal Bank of Canada and are subject to its standard lending criteria. ©/™Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are trademarks of Royal Bank of Canada.

Chicken Chili Burritos prove guilt-free fast food does exist

These burritos are still a bit of an indulgence, but ground chicken lightens the filling.

1. In large saucepan, heat 1 tbsp of the oil over medium-high heat; cook chicken, breaking up with spoon, until no longer pink, about 8 minutes. Drain fat from pan. Transfer chicken to bowl and set aside.

2. In same saucepan, heat remaining oil over medium heat; cook onion, garlic, oregano and salt until soft, 3 minutes. Stir in tomato paste; cook 1 minute.

3. Return chicken to pan. Add tomatoes and chili powder; bring to boil. Reduce heat to medium; simmer, stirring occasionally, until thickened, about 15 minutes.

4. Spoon chili onto centre of each tortilla; sprinkle with Cheddar. Fold in bottom and sides; roll up. Place, seam side down, on greased baking sheet.

5. Broil burritos, about 6 inches (15 cm) from heat, until crisp and golden, about 10 minutes

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Ingredients

- 2 tbsp vegetable oil
- 1 lb (450 g) ground chicken
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 tsp dried oregano
- 1/2 tsp salt
- 2 tbsp tomato paste
- 1 can (28 oz/796 ml) diced tomatoes
- 3 tbsp chili powder
- 4 large flour tortillas
- 3/4 cup shredded Cheddar



This recipe serves four to six. YVONNE DUIVENVOORDEN

Cookbook of the Week

Best and easy, too



CBC Television and Canadian Living have teamed up again to offer foodies a second volume of the Best Recipes Ever cookbook.

Chapters in the sequel to the show's (Best Recipes Ever airs weekdays on CBC TV at 3 p.m.) best-selling book include: Weeknight Dinners, Weekend Dinners, Light & Lovely, Rise & Shine, On the Go and Sweet Treats.

Meanwhile, among the specific recipes are Cioppino, Tangine of Beef with Prunes, Raspberry Chipotle Wings, Frozen Peanut Butter Pie and more. **METRO**

Blondies have more fun



This recipe makes 16 pieces. JODI PUDGE

"The gooey caramel topping for these Blondies is so easy — all you need are soft caramels and water," write the experts from The Canadian Living Test Kitchen in Best Recipes Ever Vol. 2. "Look for these individually wrapped sweets in bulk food stores or in bags in the candy aisle."

1. In large bowl, beat butter with brown sugar until light and fluffy. Beat in eggs, 1 at a time; beat in vanilla.

2. Whisk together flour, coconut, baking powder and salt; stir into butter mixture. Spread in parchment paper-lined 8-inch (2 L) square cake pan.

3. Bake in 325 F (160) oven until cake tester inserted in centre comes out with a

Nutritional analysis

Each of the following values per piece is approximate.

- 194 calories
- 8 g total fat
- 30 g carbs

few crumbs clinging, about 35 minutes. Let cool in pan on rack.

4. Caramel Topping: In saucepan, melt caramels with 2 tbsp water over medium-low heat until smooth. Drizzle over cooled blondies. Refrigerate for 20 minutes. (Make-ahead: Wrap in plastic wrap and store for up to 24 hours)

5. Cut into squares.

Ingredients

- 1/2 cup unsalted butter
- 1 1/4 cups packed brown sugar
- 2 eggs
- 1 tsp vanilla
- 1 1/4 cups all-purpose flour
- 1/2 cup sweetened shredded coconut
- 1/2 tsp baking powder
- 1/4 tsp salt

Caramel Topping

- 10 caramel candies
- 2 tbsp water

Lunch. Smoked Ham, Brie & Cranberry Sandwiches



This recipe serves two. RYAN BROOK

"The cranberry sauce or onion marmalade in this sandwich definitely makes it one for adults," write the experts from The Canadian Living Test Kitchen in Best Recipes Ever Vol. 2.

"For a more kid-friendly lunch, use a fruit spread in-

stead."

1. Spread cranberry sauce over cut sides of bottom halves of rolls. Divide ham and Brie cheese evenly over cranberry sauce; top with lettuce. Sandwich with tops of rolls.

Ingredients

- 2 tbsp whole-berry cranberry sauce or onion marmalade
- 2 whole wheat kaiser rolls, halved
- 4 oz (115 g) thinly sliced smoked ham
- 2 oz (55 g) Brie cheese, sliced
- 2 leaves lettuce

HIGHLIGHT ROOM'S FOCAL POINTS

MAKE OVER A HOME WITH SOME PAINT

While an entire home renovation is not always feasible, there are ways to dramatically make over the home using paint. By highlighting the focal points of a room, like the flooring, a staircase, or a fireplace with carefully curated colour choices, these surfaces become style showstoppers in the home.

Sharon Grech, a colour and design expert at Benjamin Moore, explains how to paint unexpected surfaces for maximum appeal:

PAINT THE FIREPLACE

A warm, glowing fireplace sets the mood as the weather starts to chill. To update the look of an outdated fireplace, all it takes is some paint, good quality tools and some elbow grease.

STEP ONTO STYLE

A technique that's trending among



NEWS CANADA

designers as a quick way to revitalize a space is through painting the flooring. Painted floors can hide a multitude of sins, like faded hardwood, cracks

and chips and outdated tiles. As with most painting jobs, the floor must be completely sanded, cleaned to remove all dust and debris, and, in some cases,

primed before the paintbrush can touch the floor.

PAINT OVER PANELS

Wood panelling on walls can make your home look like it is stuck in the 1970s. Rather than spending time and money to strip the panels, modernize them by painting them with a fresh coat of paint. The texture of the wood will still come through, which adds complexity and visual interest to the space.

A STAIRWAY WITH PIZZAZZ

What better way to make a bold impact than with a beautifully painted staircase? Add a stencil pattern to a traditional white riser for a touch of whimsy, or even paint each riser a different colour to really stretch your creative muscle. Often a major focal point in the home, painting the staircase adds a wow factor in both traditional and contemporary settings. A designer trick for a sleek modern look is to paint the entire staircase, including the handrail, one solid colour.

— News Canada

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A WEALTH OF OPPORTUNITY

It's often referred to as the land of bountiful opportunity, and now real estate developers are watching Saskatchewan with a keen eye.

The beautiful Prairie province's economic growth and economic potential should be seen as a wealth of opportunity for the real estate sector, says Jaimey Midtdal, spokesperson for the Red Door Venture Group.

The Regina-based real estate marketing company has jumped on the province's solid economic foundations and is starting to build a variety of some of the best valued homes in the area, Midtdal says.

"The boom in immigration and increased job opportunities are making Saskatchewan one of the best places in Canada to buy a home. It's growth we're proud to be a part of."

The company joins creative forces with outstanding local developers to deliver high-quality developments across the province. The vast amount of undeveloped land in Saskatchewan has left the real estate market open for new and innovative real estate opportunities for developers and for



COLOURBOX

buyers, Midtdal says.

"The province's solid economic foundation has allowed unprecedented growth in Saskatchewan and the real estate market has followed suit."

Red Door Venture Group works with developers from the land acquisition stage through to the concept design and sales, which in turn produces leading developments for clients.

For more about Red Door Venture Group, or to schedule a complementary consultation, visit RedDoorVentureGroup.ca.

BRINTNELL OFFERS HOMES FOR ANY STYLE OR BUDGET

Who says you can't get everything you want in a home?

With StreetSide Developments' appealing master-planned Brintnell Summit townhomes in northeast Edmonton there is a lot to offer without sacrificing what you want in a home, says area sales manager Michael Reilly.

"Brintnell is brimming with parks, walking trails, maturing trees and a pristine lake, not to mention the schools and nearby transit options," Reilly says. "Its convenient location makes it a desirable community for any homebuyer."

Besides its family-friendly location, the 52-townhome project offers attached double-car garages no matter what size of the townhome.

"The double-car garage is a great addition for a lot of people, especially at this price point where you'd normally just find single-car garages."

The neighbouring community is a perfect home for first-time homebuyers or young families who want the convenience of an accessible community but in a






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neighbourhood where they feel comfortable raising a family.

"We're finding it's a mixture of first-time homebuyers and people downsizing, as well as young families and families, so it's great that we're hitting all of those markets," Reilly says.


With two of Edmonton's top builders constructing beautiful starter and move-up homes, this StreetSide Developments community has a home style that is perfect for any sized budget.

14 plans to choose from



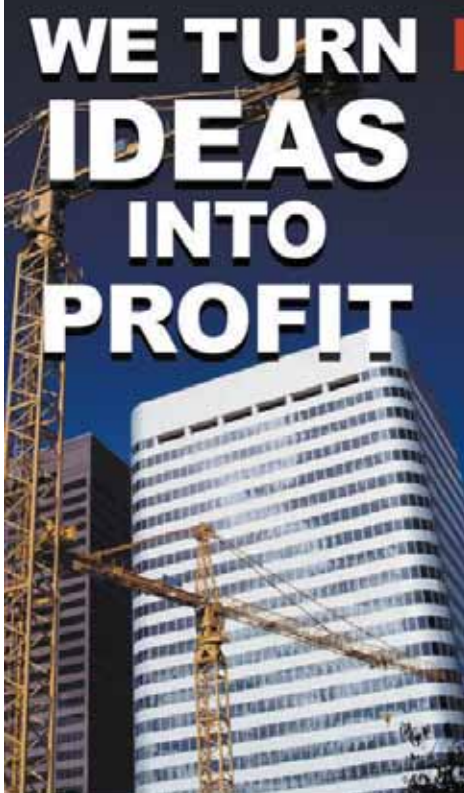
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ADD A POP OF COLOUR TO YOUR KITCHEN

Trend forecasters are showing that sleek and modern kitchens are expected to gain momentum in home updates for years to come. So, whether you are considering a kitchen renovation in the near future, or just wanting to make some minor adjustments to your existing space, these tips are sure to add a pop:

Bold accessories: An easy switch for any space, consider swapping out or adding some punchy accessories to brighten up your space. A glossy tray in a bold chartreuse or pop of pink doubles as storage and makes a swoon-worthy statement. Hand towels are another accessory that



can easily be changed to incorporate a fun pattern or hue.

Ambient lighting: Lighting is a relatively inexpensive way to incorporate some drama into your kitchen. If you are working with a monotone space, consider emphasizing the eating area or even an island with multicoloured lamp shades to add a spark of light. Pair this with a dimmer switch and you will be able to manipulate the amount of mood lighting.

Countertop appliances: If you are in the market for a new countertop appliance or are willing to commit to a more permanent colour scheme within your kitchen, consider purchasing items that boast a “fun” colour. Delta Faucet’s newest Fuse line incorporates a splash of colour in a contemporary styled, single-handle, pull-down faucet.

Art prints: etsy.com is constantly updated with fun, clever, and endear-



NEWS CANADA PHOTOS

ing prints that are often specific to the kitchen. Not only are these prints affordable (within the \$10 to \$15 range), they are often printed in standard sizing, making it easy to pair with frames. Consider a monogrammed print that will allow you to infuse a personal touch into your space. Whether you hang one print or create a collage, these small additions can add a bold accent to your kitchen.

Whether you are ready to commit to colour or just looking to add a splash of hue to your space, these tips can guide you through your makeover.

— News Canada



Family firsts at Allard!

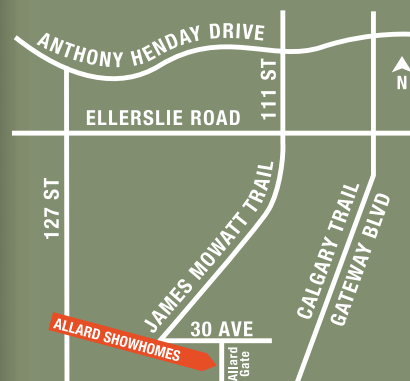


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GROW TOGETHER AT THE TERRACE

They say location is everything and Brookfield Residential's The Terrace at Schonsee is no different.

Located directly next to the Schonsee Wetland at Schonsee Drive and 71 Street NW, the Terrace is a suburban infill project in northeast Edmonton that will cater to first-time buyers and families looking to grow together, says Brookfield Residential Development manager Peter Tsoukalas.

"Much of the surrounding area is already developed and the Terrace is a continuation of that development that will appeal to any homebuyer," he says. "The wetland was recently restored and will be one of the highlights of living in the area. It will be a place to enjoy during all four seasons."

The wetland functions not only as a stormwater management pond, but will also provide wildlife habitat and serve as a neighbourhood recreational amenity for the residents of the Terrace at Schonsee.

Since the completion of the north leg of Anthony Henday Drive, the surrounding area has been growing exponentially and homebuyers are excited to get in on the opportunity, Tsoukalas says.

"With the upcoming completion of the remaining eastern leg, the Terrace at Schonsee is extremely well situated to provide access to any part of the city and the capital region."

Another benefit of the project being a suburban infill, Tsoukalas says, is that the Terrace is just minutes away from already developed schools, parks and shopping areas, not to mention less than 20 minutes to Edmonton's bustling downtown.

More than just location, the beautifully designed homes are attractively priced and built by some of the city's most preferred builders, including Jayman MasterBUILT, Coventry Homes, Sterling Homes, and City Homes Master Builder.

"Carefully developed architectural controls provide for a blend of housing styles, working to create interesting and varied streetscapes."

The Terrace at Schonsee offers duplex homes from the low \$300,000s and front garage homes from the \$400,000s.

"These homes will appeal to first-time buyers and families looking to live in an amenity rich location with nearby schools and parks. We offer something for everyone."

For more information about The Terrace at Schonsee, visit the show homes in the community Monday to Thursday from 2-8 p.m., and Saturday, Sunday and holidays from noon to 5 p.m. Or visit discovertheterrace.ca.

natural harmony

The terrace
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ADD A PERSONAL TOUCH TO YOUR HOME

MONTORIO HOMES

Personalization of your home is where the homebuying process starts with Montorio Homes.

That's why Montorio Homes offers the unique personalization and customization of your duplex with the Walker Summit project, which is a highly sought after feature, according to Montorio Homes sales and marketing manager Steven Curtis.

"We feel this is unique in the first-time buyers' market and something all buyers today are searching for," Curtis says. "We want to offer the custom home experience to all of our customers, whether they are building a half-duplex or a 5,000-square-foot estate home because we think every homeowner should be able to add their own touch to their home."

At Montorio, homebuyers will have face-to-face meetings with the drafting team and site visits with the sales and construction department, all steps that are part of the unique custom experience that Montorio offers.

Walker Summit is also in a desirable location, just south of Ellersie Road, providing easy access to Anthony Henday Drive and Highway 2.



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"It's also just a short, five-minute drive to South Edmonton Common and The Market at Summerside, providing restaurants, shopping and movie theatres. We also know it's important to our buyers to have schools and playgrounds nearby and they are both in walking distance."

The Walker Summit duplexes range in size from 1,330 square feet to 1,448 square feet, with beautiful tile floors, appliances, landscaping and more, Curtis says.

"These homes are ideal for a first- or second-time buyer, typically a younger couple with small children, or single males

or females in their mid-20s to mid-30s. The project is very adaptable and it's exciting for us to be able to offer so much in a home."

For more information, visit montorio.ca or call the Walker Summit sales office at 587-521-8890.

DESIRABLE LOCATION

Montorio Homes knows the value of living in a central bustling neighbourhood without the sacrifice that it brings. That's why the coveted fourplex infill in the historic and desirable community of Westmount is the ideal location.

"The location provides easy and simple access to downtown, an area that is being revitalized as we speak," says Montorio Homes sales and marketing manager Steven Curtis. "This gives buyers a chance to get into the community before the property values increase and allows them to grow with the community."

With such a desirable location, the demographic for the infill project will be young couples or working professionals between 25 to 35 years old who want to live central without being in the centre of downtown, Curtis says.

"Perhaps they work downtown and want to be close enough to leave the car



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at home, or their lifestyle brings them downtown often — this is the ideal location."

The main feature of the two-storey, two-bedroom units is that they come equipped with lofts that boost them to more than 1,400 square feet.

"The loft feature is something that is highly coveted in the home market and very, very hard to find," Curtis says. "We're really excited to bring this feature

to the home for people to experience. They are a great size and, ideally, are suitable to anyone's needs."

And the units are popular since there are only two left for sale, Curtis says.

"They are in such a desirable location that people can't go wrong with these units. It's perfect for working professionals and a social lifestyle."

For more, visit montorio.ca or call the infill sales centre at 780-476-7070.

IN THE COMMUNITY

Montorio is dedicated to helping communities flourish and that's why it is actively involved in charities that enrich the lives of Edmonton's families.

One of Montorio's most cherished acts of charity is giving to the Stollery Children's Hospital Foundation, says Montorio Homes sales and marketing manager Steven Curtis.

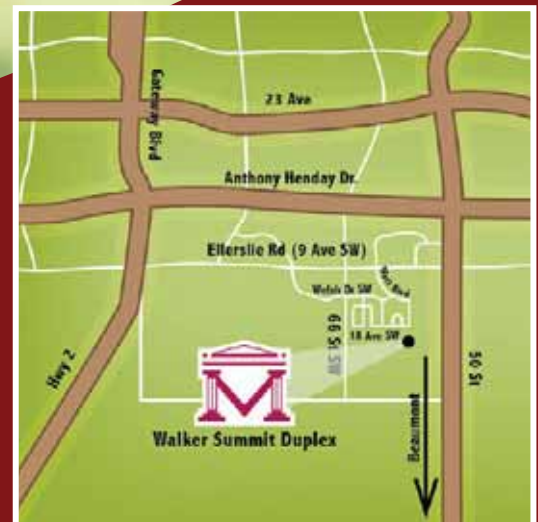
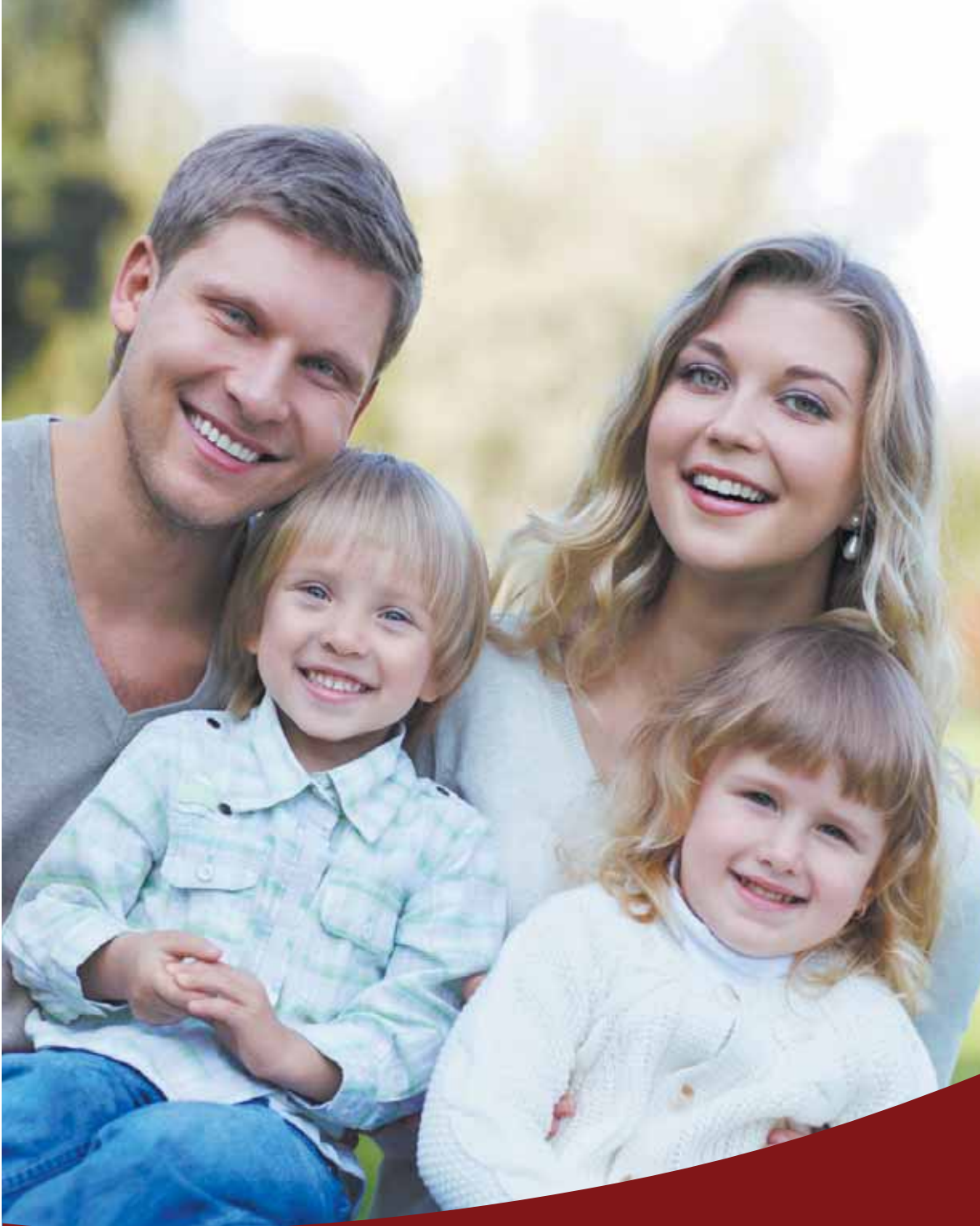
"Each year we build a beautiful and exclusive dream home and donate the proceeds to a great cause. It's a really great feeling to see the dollars put to use. It's a great way to give back to the community and it's a win-win situation for everyone."

Montorio Homes has been involved with the Stollery Children's Hospital since 1999 and is one of its longest serving contributors.

The next Montorio Homes Stollery Children's Hospital Project will be ready in January.

"It's such an amazing initiative to be involved in," Curtis says.

Walker Summit Duplex



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Hours: Mon – Thur: 3pm- 8pm Sat, Sun & Holidays: 12pm- 5pm

www.montorio.ca

'Evil Empire' eyes another WHL title

WHL. Winterhawks have grown used to and expect nothing less than another trip to the Memorial Cup

In five seasons, the Portland Winterhawks have been transformed from the Western Hockey League's most dysfunctional franchise into league champions who came up one win short of a Memorial Cup title in May.

Despite losing stars like Seth Jones and Ty Rattie, the Winterhawks are still loaded and expect to be in contention for a repeat trip to the Memorial Cup when the season kicks off Thursday.

"We've had the target on our back for a while now, and everybody's going to be after us," said Portland centre Chase De Leo, a 2014 NHL draft prospect. "People talk about us as the 'evil empire' and we thrive off of that."

Portland will raise a WHL championship banner to the Moda Center rafters before Friday's season opener against Prince George. The game will mark head coach and general manager Mike Johnston's first appearance behind the bench since he was suspended in Nov-



Nicolas Petan, left, forward Ty Rattie and defenceman Seth Jones celebrate a Portland Winterhawks goal against the Halifax Mooseheads during the second period of the Memorial Cup final last May in Saskatoon. Despite losing stars like Jones and Rattie, the Winterhawks still expect to contend for a repeat trip to the Memorial Cup. LIAM RICHARDS/THE CANADIAN PRESS

ember for the remainder of last season as part of sanctions handed down to the franchise for improper player benefits.

"Any time you have a good run, everyone in the league wants to knock you off," Johnston said. "Teams are going to give us their best and we have

to be better than them."

Assistant coach Travis Green led the team through the rest of last season, including a six-game triumph over the Edmonton Oil Kings that earned Portland its first WHL title since 1998. In the off-season, Green left Portland to become head coach of the Vancouver Canucks' AHL affiliate in Utica, N.Y.

Six teams enter the season with new head coaches, though several are familiar faces in the league. Kevin Constantine is back for a second stint with the Everett Silvertips after a successful tenure

Up first

Swift Current visits Regina in the only game Thursday, while 16 other teams get their seasons underway Friday.

with the team from 2003-07. Former Brandon and Kootenay coach Cory Clouston takes over behind the bench in Prince Albert, and ex-Moose Jaw coach Dave Hunchak assumes control in Kamloops.

THE CANADIAN PRESS

NFL

Gronk gears up for gridiron return

Rob Gronkowski says he's making significant progress but won't say if he'll return for the Patriots' next game.

The star tight end has been sidelined the past two games after off-season forearm and back surgery. New England plays at home Sunday against the Tampa Bay Buccaneers.

Gronkowski participated in practice on a limited basis on Wednesday and said afterward that he'll play when he's told to.

The Patriots have managed to win their first two games by a total of five points while quarterback Tom Brady's rookie receivers have struggled to get to the spots where he's thrown the ball.

THE ASSOCIATED PRESS

Silver lining

Sinclair scores star on Walk of Fame

The accolades have poured in since Christine Sinclair's stirring performance at the 2012 London Olympics, but now Canada's top female soccer player will really be a star.

The Canadian team captain who held the country spellbound as she scored three times against the powerhouse United States in the Olympic soccer semifinals, and then made an impassioned denunciation of some questionable refereeing, is to be honoured with a star on Canada's Walk of Fame in Toronto on Saturday. The ceremony will be shown on Global TV on Oct. 27.

THE CANADIAN PRESS

Expectations for Sam

"I'm trying not to focus on the draft part too much, you have to just forget about that and focus on your game when you step on the ice."

The Kootenay Ice's Sam Reinhart, the early favourite to be the top pick in the 2014 NHL draft.

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ERIN MCLEOD

GSP generous with his fellow fighters

MMA. Welterweight champ kept up-and-comer Ricci on his toes in lead-up to UFC 165

They say iron sharpens iron, which augurs well for Mike Ricci at UFC 165 this weekend.

The 27-year-old lightweight from Montreal spent much of his 10-week training camp for American Myles (Fury) Jury working with UFC welterweight champion Georges St-Pierre.

The two have trained before but the busy St-Pierre was in Montreal for an extended period of time — “which is rare,” according to Ricci — that dovetailed with Ricci’s camp.

“He has been my main sparring partner for this fight,” Ricci said. “I’ve done most of my rounds this training camp with him.”

Not surprisingly, Ricci (9-

Open ears

“I had some UFC jitters, but I spoke with GSP two days ago and he said, ‘Listen, get used to them because they never, ever go away.’”

Mike Ricci on advice given to him by Georges St-Pierre before his win over Colin Fletcher at March’s UFC 158 in Montreal.

3) lost most of those rounds against the bigger man, and a champion to boot. But the 155-pounder says he began to steal the odd one.

“It feels good when you’re working and working and you win small battles here and there against guys like that,” he said. “You know you’ve been improving.”

Light-heavyweight titleholder Jon (Bones) Jones takes on Sweden’s Alexander (The Mauler) Gustafsson in Saturday’s main event at the Air

Canada Centre in Toronto.

Ricci is one of seven Canadians on the undercard. Francis Carmont, a French middleweight who fights out of Montreal, is on the main card.

Ricci also trains with welterweight Rory (Ares) MacDonald, a close friend, at Montreal’s Tristar Gym.

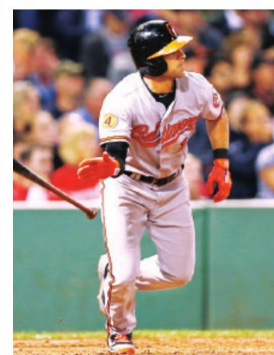
Like GSP, MacDonald is preparing for a fight at UFC 167 in November. St-Pierre takes on No. 1 contender Johny (Bigg Rigg) Hendricks in the main event at the MGM Grand Garden Arena in Las Vegas while No. 3 MacDonald faces No. 8 (Ruthless) Robbie Lawler.

Ricci says St-Pierre is more than generous with his time in the gym.

“It’s unreal. If Georges wanted to, he could just do his own thing and then leave,” said Ricci. “But he stays and he puts in work with guys. Not only just me because I have a fight coming up, he’ll work with everybody.”

THE CANADIAN PRESS

MLB. Davis keeps it in the park, but out of reach for Red Sox in Orioles’ win



The Orioles’ Brian Roberts watches his RBI double on Wednesday night in Boston. GETTY IMAGES

Chris Davis hit a tiebreaking two-run single with two outs in the 12th inning, lifting the Baltimore Orioles to a 5-3 win over the Boston Red Sox on Wednesday night.

Matt Wieters had a pair of RBI doubles for Baltimore, which closed to one game back of Texas for the AL’s second wild-card spot. The Rangers lost 4-3 in 12 innings to the wild card-leading Rays.

Despite the loss, the Red Sox reduced their magic number to one for clinching their first post-season berth since 2009 when the Cleveland Indians lost to the Kansas City Royals

7-2 on Wednesday.

T.J. McFarland (2-1) worked the 11th for the win and Jim Johnson got the final three outs for his AL-leading 47th save.

The Orioles played their 114th errorless game, surpassing the 2008 Houston Astros for the majors’ most since 1900.

J.J. Hardy and Brian Roberts had consecutive one-out singles and both advanced on a wild pitch by Franklin Morales (2-2). After pinch-hitter Steve Pearce was intentionally walked, Manny Machado fouled out before Davis’ grounded one up the middle into centre field.

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	92	61	.601	—
Tampa Bay	83	68	.550	8
Baltimore	81	70	.536	10
New York	80	72	.526	11½
Toronto	69	82	.457	22

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	88	64	.579	—
Cleveland	82	70	.539	6
Kansas City	80	72	.526	8
Minnesota	65	86	.430	22½
Chicago	60	92	.395	28

WEST DIVISION

	W	L	Pct	GB
Oakland	89	63	.586	—
Texas	82	69	.543	6½
Los Angeles	74	78	.487	15
Seattle	67	85	.441	22
Houston	51	100	.338	37½

Wednesday’s results

N.Y. Yankees 4 Toronto 3
Seattle 8 Detroit 0
Baltimore 5 Boston 3 (12 inn.)
Kansas City 7 Cleveland 2
Minnesota 4 Chicago White Sox 3
L.A. Angels 5 Oakland 4 (11 inn.)
Tampa Bay 4 Texas 3 (12 inn.)
Cincinnati at Houston

Tuesday’s results

Toronto 2 N.Y. Yankees 0
Baltimore 3 Boston 2
Cincinnati 10 Houston 0
Texas 7 Tampa Bay 1
Oakland 2 L.A. Angels 1
Chicago White Sox 4 Minnesota 3
Cleveland 5 Kansas City 3
Detroit 6 Seattle 2

Thursday’s games — All times Eastern

Seattle (Paxton 2-0) at Detroit (Fister 12-9), 1:08 p.m.
Houston (Keuchel 6-9) at Cleveland (Jimenez 12-9), 7:05 p.m.
N.Y. Yankees (Kuroda 11-11) at Toronto (Redmond 3-2), 7:07 p.m.
Texas (Darvish 12-9) at Tampa Bay (Moore 15-3), 7:10 p.m.
Baltimore (Tillman 16-6) at Boston (Lackey 9-12), 7:10 p.m.
Minnesota (Correia 9-12) at Oakland (Straily 10-7), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	90	62	.592	—
Washington	81	71	.533	9
Philadelphia	71	81	.467	19
New York	68	83	.450	21½
Miami	56	96	.368	34

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	89	63	.586	—
Pittsburgh	87	65	.572	2
Cincinnati	86	66	.566	3
Milwaukee	68	83	.450	20½
Chicago	63	89	.414	26

WEST DIVISION

	W	L	Pct	GB
Los Angeles	87	64	.576	—
Arizona	76	74	.507	10½
San Diego	71	80	.470	16
San Francisco	70	82	.461	17½
Colorado	69	84	.451	19

Wednesday’s results

San Diego 3 Pittsburgh 2
Atlanta 5 Washington 2
N.Y. Mets 5 San Francisco 4
Miami 4 Philadelphia 3 (10 inn.)
Milwaukee 7 Chicago Cubs 0
St. Louis 4 Colorado 3
L.A. Dodgers at Arizona

Tuesday’s results

San Francisco 8 N.Y. Mets 5
San Diego 5 Pittsburgh 2
St. Louis 11 Colorado 4
Washington 6-4 Atlanta 5-0
Philadelphia 6 Miami 4
Milwaukee 4 Chicago Cubs 3
L.A. Dodgers 9 Arizona 3

Thursday’s games

All times Eastern
San Diego (Kennedy 6-9) at Pittsburgh (Cole 8-7), 12:35 p.m.
San Francisco (Bumgarner 12-9) at N.Y. Mets (Niese 7-7), 1:10 p.m.
Chicago Cubs (Arrieta 2-2) at Milwaukee (Lohse 10-9), 2:10 p.m.
St. Louis (Wacha 3-1) at Colorado (Oswalt 0-6), 3:10 p.m.
L.A. Dodgers (Nolasco 13-10) at Arizona (Miley 10-10), 3:40 p.m.
Miami (Alvarez 4-4) at Washington (Strasburg 7-9), 7:05 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	11	7	4	0	321	288	14
Hamilton	11	5	6	0	288	303	10
Montreal	11	4	7	0	259	321	8
Winnipeg	11	2	9	0	224	333	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Calgary	11	9	2	0	346	268	18
Saskatchewan	11	8	3	0	354	258	16
B.C.	11	7	4	0	301	280	14
Edmonton	11	2	9	0	259	301	4

Friday’s game — All times Eastern

Edmonton at Winnipeg, 8 p.m.

Saturday’s games

Montreal vs. Hamilton (at Moncton), 4 p.m.
Toronto at Calgary, 7:30 p.m.

Sunday’s game

B.C. at Saskatchewan, 4:30 p.m.

NFL

Thursday’s game — All times Eastern

Kansas City at Philadelphia, 8:25 p.m.

Sunday’s games

Tampa Bay at New England, 1 p.m.
Green Bay at Cincinnati, 1 p.m.
Cleveland at Minnesota, 1 p.m.
Houston at Baltimore, 1 p.m.
San Diego at Tennessee, 1 p.m.
N.Y. Giants at Carolina, 1 p.m.
Arizona at New Orleans, 1 p.m.
St. Louis at Dallas, 1 p.m.
Detroit at Washington, 1 p.m.
Atlanta at Miami, 4:05 p.m.
Indianapolis at San Francisco, 4:25 p.m.
Jacksonville at Seattle, 4:25 p.m.
Buffalo at N.Y. Jets, 4:25 p.m.
Chicago at Pittsburgh, 8:30 p.m.

Monday’s game

Oakland at Denver, 8:40 p.m.

MLS

Friday’s game — All times Eastern

Colorado at Portland, 10 p.m.

Saturday’s games

Vancouver at Montreal, 2 p.m.
Kansas City at Toronto, 4 p.m.
Chicago at Columbus, 7:30 p.m.
D.C. at New England, 7:30 p.m.
Chivas at Houston, 8:30 p.m.
San Jose at Salt Lake, 9 p.m.
Seattle at Los Angeles, 10:30 p.m.

Sunday’s game

Dallas at New York, 5 p.m.



MacKinnon tastes NHL action

The Avalanche’s Nathan MacKinnon battles for the puck against the Ducks’ Garnet Exelby on Wednesday night in Denver. The Avs lost 2-1 in the 2013 No. 1-pick MacKinnon’s first NHL pre-season action.

JACK DEMPSEY/THE ASSOCIATED PRESS

NHL

BizNasty objects to serving ban

Paul Bissonnette is appealing his 10-game suspension for leaving the bench to start an altercation, his agent confirmed.

The NHL handed the Phoenix Coyotes enforcer an automatic suspension for leaving the bench on an illegal line change after Los Angeles Kings forward Jordan Nolan hit and injured defenceman Rostislav Klesla. Bissonnette was set to miss the Coyotes’ first 10 regular-season games and forfeit \$37,820.51 US of his salary.

The agent did not reveal on what grounds the NHLPA was seeking to appeal the punishment.

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Horoscopes

Aries

March 21 - April 20

It is important that you keep your thinking simple today. Don't go confusing people, or yourself, with ideas that are too big to grasp. You are already heading in the right direction.

Taurus

April 21 - May 21

You must not compromise your position, no matter how much pressure you may be under from those you work or do business with. Stay calm and simply refuse to budge.

Gemini

May 22 - June 21

You may be tempted to push ahead with a project you know friends and family are unlikely to agree with, if only to remind them that you are in charge. But is it worth the bother? The full moon says it's not.

Cancer

June 22 - July 23

You don't have to crack jokes every two minutes to keep others amused. The moon, your ruler, endows you with a wonderful sense of humour but it should be used sparingly.

Leo

July 24 - Aug. 23

Do you listen to the part of your mind that urges caution or do you listen to the part that says "take a risk"? Only you can decide but be aware that today's full moon could easily make a fool out of you.

Virgo

Aug. 24 - Sept. 23

Partners may be critical of what you are doing but if you are smart, you will listen to what they say today because in among all the wrong-headed comments is one that has a grain of truth in it.

Libra

Sept. 24 - Oct. 23

The more you complain about something, the worse it gets, so take the hint and shut up. It's quite possible that someone is being difficult for no other reason than they enjoy the negative way you respond.

Scorpio

Oct. 24 - Nov. 22

Don't give up on something because it isn't progressing as fast as you would like. It would be a shame to waste all the time and effort you have put into it. Come back to it later.

Sagittarius

Nov. 23 - Dec. 21

The full moon warns you could find yourself caught in the middle of someone else's war. There is no right side or wrong side in this dispute, so steer clear. It's not your fight.

Capricorn

Dec. 22 - Jan. 20

It's unlikely you will achieve much over the next 24 hours, so don't push too hard. Even a Capricorn needs to recharge their batteries once in a while, so plug in to the full moon and fill up on lunar energy.

Aquarius

Jan. 21 - Feb. 19

No matter how confident a friend sounds, you are advised not to be taken in by their latest big plan, especially if it involves your money in some way. There can be only one loser.

Pisces

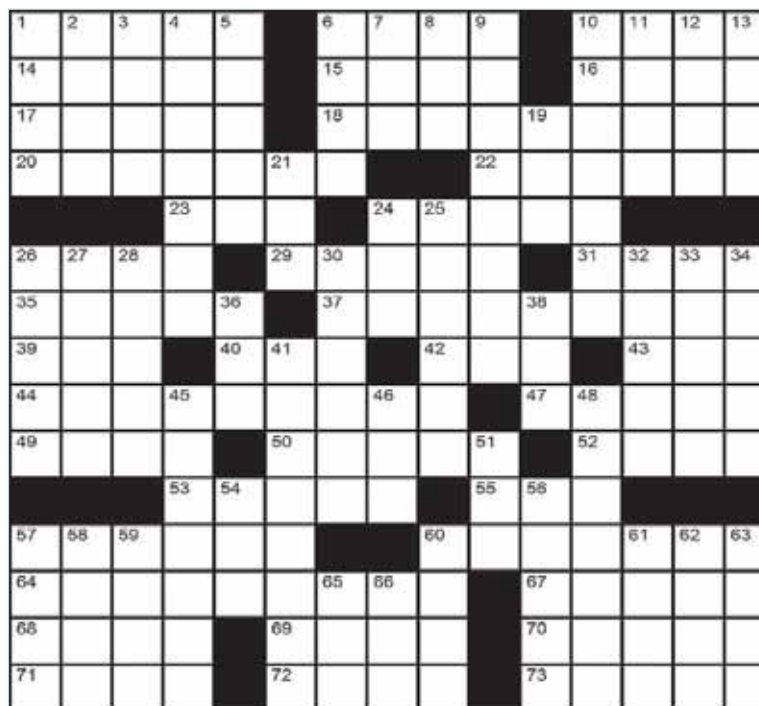
Feb. 20 - March 20

The moon is full in your sign today, which is good in some ways and not so good in others. You will be more active and ambitious but watch out you don't lose touch with reality. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Mr. Lundgren of "Rocky IV" (1985)
6. Cartoon co-star of Phineas
10. US state
14. Dean Martin's "That's ___"
15. Succulent plant
16. ___ Jury (Mickey Spillane novel)
17. Revolving mechanism
18. Newfoundland seafood delicacy: 2 wds.
20. Bilingual community of Winnipeg, St. ___
22. Overly long sentences
23. Actress, Lucy ___
24. Literary genre
26. Celebrity
29. Welcome
31. Bit of jazz
35. Articles
37. 'O' of TSO (Classical music!)
39. Gr. Neil Young joined
40. Howe'er
42. PC 'key'
43. Have a bug
44. Miner hats attachments
47. Farm mounds
49. Naturalness
50. Skin products giant
52. Ancient harp
53. "Star Wars" (1977) role, Darth ___
55. Mr. Linden



57. TV show
60. Asks to the party
64. Some of a Tim Hortons 'double double': 2 wds.
67. Dionne Warwick's "___ Little Prayer"
68. Same: French
69. To ___ it may concern...
70. Old tales

71. "___ bien!"
72. Puppy bites
73. By ___ (How close races are won) **Down**
1. "Oh, fudge!"
2. 1847 Herman Melville story
3. J.R.R. Tolkien trilogy, commonly
4. Something to be

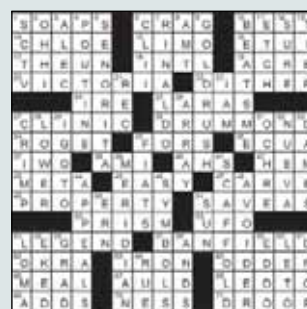
- solved
5. "___ stand, head in hand..." - The Beatles
6. Datum
7. "Turn to Stone" gr.
8. Mr. Stewart
9. Becomes engaged, 1800s-style
10. 'Find Fabulous For Less' store in Canada

11. "Let ___" by Luba: 2 wds.
12. Cast out
13. So-so grades
19. 'Danger' suffix
21. Floor covering
24. For each
25. Withdraw from a court case
26. Archival 'sheet' at the library

27. Between harbours: 2 wds.
28. Ms. Suvari's
30. Dorm sharer
32. Po River locale
33. Skillet user, variantly
34. Bogus
36. Letters on a Cardinals player's baseball cap
38. Wane
41. Like intricate details on haute couture garments
45. Gadgets
46. TV's modern-day VCR
48. Sackville, NB's Mount ___ University
51. "Kung Fu" actor, Philip ___
54. ___ Lingus (Ireland's flyer)
56. "Canadian Idol" Season 4 champion, Eva ___
57. Charge card printout, briefly
58. Water carrier
59. Ancient empire
60. Belief systems
61. Root vegetable
62. Optometrist's study
63. Mailing request, commonly
65. Sushi tuna
66. Floor cleaner

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 17°
MIN: 5°

FRIDAY



MAX: 20°
MIN: 9°

SATURDAY



MAX: 26°
MIN: 6°



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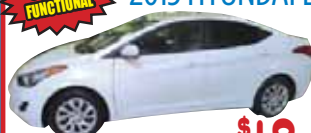
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moonroof
& More



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Moonroof,
& Lots More



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